

Montag , 09.12

09:15 - 10:10

Pilates
Nicola

18:00 - 18:55

Yoga
Nadine

19:25 - 20:20

Pump
Veronica

Dienstag , 10.12

09:30 - 10:25

Zumba
Miriam

12:10 - 12:40

P.I.I.T
Linda

18:30 - 19:25

*BBP (Bauch, Beine, Po) /
Bodytone*
Nena Nevenka

Mittwoch , 11.12

12:15 - 12:45

Upcon
Linda

17:30 - 18:25

Pilates
Vasiliki

18:35 - 19:30

Pump
Vasiliki

19:40 - 20:35

Zumba
Andrea

Donnerstag , 12.12

09:15 - 10:10

Full Body Workout
Nena Nevenka

18:00 - 18:55

Yoga
Lisa

Freitag , 13.12

09:15 - 10:10

Yoga
Lisa

18:00 - 18:55

Pilates
Aiyana

Samstag , 14.12

Sonntag , 15.12

10:00 - 10:55

Zumba
Andrea