

Montag , 09.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:25

Upcon
Erendita

18:30 - 19:25

Pump
Yvonne

Dienstag , 10.01

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin

Mittwoch , 11.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Yvonne

Donnerstag , 12.01

09:15 - 10:10

*BBP (Bauch, Beine, Po) /
Bodytone*
Martina

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Freitag , 13.01

09:15 - 10:10

Pilates
Andrea

Samstag , 14.01

Sonntag , 15.01