

Montag , 18.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Dienstag , 19.11

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mittwoch , 20.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Julia

19:00 - 19:55

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

Donnerstag , 21.11

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Freitag , 22.11

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samstag , 23.11

Sonntag , 24.11