

Montag , 06.01

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 , 07.01

18:00 - 18:55

Functional Workout
Sarina

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mittwoch , 08.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Julia

19:00 - 19:55

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

Donnerstag , 09.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Freitag , 10.01

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samstag , 11.01

Sonntag , 12.01