

Montag , 03.02

09:15 - 10:10 <i>Rückenfit</i> Marco	18:00 - 18:30 <i>P.I.I.T</i> Erendita	18:30 - 19:25 <i>Pump</i> Yvonne	19:30 - 20:00 <i>Stretching</i> Yvonne
---	--	---	---

Dienstag , 04.02

18:00 - 18:55 <i>Functional Workout</i> Sarina	18:15 - 18:45 <i>Simply Core</i> Sarina	19:00 - 19:55 <i>Power Yoga</i> Jasmin R.
---	--	--

Mittwoch , 05.02

09:15 - 10:10 <i>Rückenfit</i> Marco	18:00 - 18:55 <i>Yoga</i> Ladina	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne
---	---	--

Donnerstag , 06.02

09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Martina	18:00 - 18:55 <i>Pump</i> Dominic	19:05 - 20:00 <i>Pilates</i> Andrea
---	--	--

Freitag , 07.02

09:15 - 10:10 <i>Pilates</i> Andrea	18:00 - 18:55 <i>Aerobic</i> Francesco
--	---

Samstag , 08.02

Sonntag , 09.02