

Montag , 07.11

09:10 - 10:05

Pump
Rahel

18:05 - 19:00

Zumba
Adriana

19:10 - 20:05

Pilates
Beatriz

Dienstag , 08.11

09:10 - 10:05

Yoga
Katrín

18:30 - 19:25

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

19:30 - 20:00

P.I.I.T
Nadine

Mittwoch , 09.11

18:30 - 19:25

Pump
Petra

Donnerstag , 10.11

09:10 - 10:05

Zumba
Adriana

18:30 - 19:25

Fighttime 55'
Natasha

19:30 - 20:00

Upcon
Natasha

Freitag , 11.11

18:30 - 19:25

Powerstep
Adriana

Samstag , 12.11

09:30 - 10:00

P.I.I.T
Petra

10:05 - 11:00

Pump
Petra

Sonntag , 13.11

10:30 - 11:25

Functional Workout
Nadine