

Montag , 09.01

09:10 - 10:05

Pump
Claudia

18:05 - 19:00

Zumba
Adriana

19:10 - 20:05

Pilates
Beatriz

Dienstag , 10.01

09:10 - 10:05

Yoga
Katrin

18:00 - 18:30

P.I.I.T
Nadine

18:45 - 19:40

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

Mittwoch , 11.01

18:30 - 19:25

Pump
Claudia

Donnerstag , 12.01

09:10 - 10:05

Zumba
Adriana

18:30 - 19:25

Fighttime 55'
Natasha

Freitag , 13.01

18:30 - 19:25

Powerstep
Adriana

Samstag , 14.01

09:30 - 10:00

P.I.I.T
Petra

10:05 - 11:00

Pump
Petra

Sonntag , 15.01

10:30 - 11:25

Functional Workout
Nadine