

Montag , 05.09

09:00 - 09:55

Yoga
Mariya

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dienstag , 06.09

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

BBP (Bauch, Beine, Po) /
Bodytone
Claudia

Mittwoch , 07.09

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

Pump
Graziella

19:10 - 20:05

TRX
Graziella

Donnerstag , 08.09

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Martine

18:30 - 19:25

Power Yoga
Elissa

Freitag , 09.09

09:00 - 09:55

TRX
Graziella

10:10 - 11:05

Rückenfit
Isabel

Samstag , 10.09

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Sonntag , 11.09

10:00 - 10:55

Cycling
Barbara