

Montag , 12.09

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

Dienstag , 13.09

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

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

Mittwoch , 14.09

09:00 - 09:55

Zumba
Sibylle

18:00 - 18:55

Pump
Graziella

19:10 - 20:05

TRX
Graziella

Donnerstag , 15.09

10:10 - 11:05

Yoga
Isabel

18:30 - 19:25

Power Yoga
Elissa

Freitag , 16.09

09:00 - 09:55

TRX
Graziella

10:10 - 11:05

Rückenfit
Isabel

Samstag , 17.09

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

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

Sonntag , 18.09

10:00 - 10:55

Cycling
Manuel