

Montag , 31.10

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

Dienstag , 01.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Jady

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Jady

Mittwoch , 02.11

09:00 - 09:55

Zumba
Sibylle

18:00 - 18:55

Pump
Cristian

Donnerstag , 03.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:30 - 19:25

Power Yoga
Elissa

Freitag , 04.11

09:00 - 09:55

TRX
Graziella

10:10 - 11:05

Rückenfit
Isabel

Samstag , 05.11

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

BBP (Bauch, Beine, Po) / Bodytone
Ariane

Sonntag , 06.11

10:00 - 10:55

Cycling
Barbara