

Montag , 19.12

09:00 - 09:55 <i>Yoga</i> Elissa	10:10 - 11:05 <i>Pump</i> Graziella	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Dienstag , 20.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	10:10 - 11:05 <i>Rückenfit</i> Isabel	18:00 - 18:55 <i>TRX</i> Graziella	19:00 - 19:55 <i>Step'n Tone</i> Graziella
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Mittwoch , 21.12

09:00 - 09:55 <i>Zumba</i> Deniz	10:10 - 11:05 <i>Cycling</i> Carlo	18:00 - 18:55 <i>Pump</i> Cristian
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Donnerstag , 22.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	10:10 - 11:05 <i>Yoga</i> Isabel	18:00 - 18:55 <i>Power Yoga</i> Elissa
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Freitag , 23.12

08:50 - 09:20 <i>P.I.I.T</i> Melanie	10:10 - 11:05 <i>Rückenfit</i> Isabel
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Samstag , 24.12

10:00 - 10:55 <i>Zumba</i> Silvio	11:10 - 12:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Sonntag , 25.12