

Montag , 01.01

Dienstag , 02.01

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:00

TRX
Graziella

19:00 - 19:55

Pump
Graziella

Mittwoch , 03.01

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Tea

19:00 - 19:55

Cycling
Manuel

Donnerstag , 04.01

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Neira

Freitag , 05.01

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samstag , 06.01

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) / Bodytone
Ariane

Sonntag , 07.01

09:30 - 10:25

Cycling
Manuel

10:35 - 11:25

BBP (Bauch, Beine, Po) / Bodytone
Graziella