

Montag , 23.12

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dienstag , 24.12

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Graziella

Mittwoch , 25.12

Donnerstag , 26.12

10:30 - 11:25

Dance Aerobic / Dance Mix
Team

Freitag , 27.12

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samstag , 28.12

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Sonntag , 29.12

09:30 - 10:25

Cycling
Sandra

10:35 - 11:25

BBP (Bauch, Beine, Po) /
Bodytone
Graziella