

Montag , 01.01

17:10 - 17:05

Pump
Saskia

18:15 - 19:10

Functional Workout
Saskia

Dienstag , 02.01

09:00 - 09:55

Yoga
Laura

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Bianca

Mittwoch , 03.01

08:45 - 09:40

BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Sonja

18:00 - 18:55

Powerstep
Fabienne

19:05 - 20:00

Power Yoga
Fabienne

Donnerstag , 04.01

09:30 - 10:25

Pilates
Geneviève

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Freitag , 05.01

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Cynthia

Samstag , 06.01

09:30 - 10:25

Step'n Tone
Nicole

Sonntag , 07.01

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie