

Montag , 18.11

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Sabrina

Dienstag , 19.11

18:00 - 18:30

P.I.I.T
Daniela

18:35 - 19:30

*BBP (Bauch, Beine, Po) /
Bodytone*
Daniela

Mittwoch , 20.11

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Bianca

19:00 - 19:55

Fitboxe
Isabel

Donnerstag , 21.11

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Bianca

19:00 - 19:55

Fighttime 55'
Bianca

Freitag , 22.11

09:10 - 10:05

Functional Workout
Sabrina

18:00 - 18:55

Step'n Tone
Graziella

Samstag , 23.11

09:10 - 10:05

*BBP (Bauch, Beine, Po) /
Bodytone*
Melanie

10:15 - 11:10

Upcon
Melanie

Sonntag , 24.11

10:00 - 10:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Saskia