

Montag , 11.12

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 12.12

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 13.12

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 14.12

18:45 - 19:40

Yoga
Nina

19:45 - 20:40

Upcon
Johana

Freitag , 15.12

09:45 - 10:40

Functional Workout
Johana

Samstag , 16.12

Sonntag , 17.12