

Montag , 08.01

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 09.01

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 10.01

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Nina

Donnerstag , 11.01

18:45 - 19:40

Yoga
Renata

19:45 - 20:40

Upcon
Johana

Freitag , 12.01

09:45 - 10:40

Functional Workout
Johana

Samstag , 13.01

Sonntag , 14.01