

Montag , 30.09

19:45 - 20:40

Functional Workout
Johana

Dienstag , 01.10

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 02.10

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 03.10

18:45 - 19:40

Yoga
Andreina

19:45 - 20:40

Upcon
Johana

Freitag , 04.10

Samstag , 05.10

Sonntag , 06.10