

Montag , 14.10

17:30 - 18:25

Pilates
Caroline

18:45 - 19:40

Step'n Tone
Sandra

19:45 - 20:40

Functional Workout
Johana

Dienstag , 15.10

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 16.10

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Ramona

20:00 - 20:55

Deep Stretch
Bernadette

Donnerstag , 17.10

18:45 - 19:40

Yoga
Madlaina

19:45 - 20:40

Upcon
Johana

Freitag , 18.10

Samstag , 19.10

Sonntag , 20.10