

Montag , 25.11

17:30 - 18:25

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 26.11

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 27.11

10:00 - 10:55

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Bernadette

Donnerstag , 28.11

18:45 - 19:40

Yoga
Lisa

19:45 - 20:40

Upcon
Johana

Freitag , 29.11

Samstag , 30.11

Sonntag , 01.12