

Montag , 09.12

17:30 - 18:25

Pilates
Caroline

18:45 - 19:40

Step'n Tone
Sandra

19:45 - 20:40

Functional Workout
Johana

Dienstag , 10.12

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 11.12

10:00 - 10:55

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 12.12

18:45 - 19:40

Yoga
Lisa

19:45 - 20:40

Upcon
Johana

Freitag , 13.12

Samstag , 14.12

Sonntag , 15.12