

Montag , 13.01

17:30 - 18:25

Pilates
Caroline

18:45 - 19:40

Step'n Tone
Sandra

19:45 - 20:40

Functional Workout
Johana

Dienstag , 14.01

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 15.01

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 16.01

18:45 - 19:40

Yoga
Lisa

19:45 - 20:40

Upcon
Johana

Freitag , 17.01

Samstag , 18.01

Sonntag , 19.01