

Montag , 28.11

09:10 - 10:05

Pilates
Barbara

18:00 - 18:55

Zumba
Tanja

19:15 - 20:10

Pump
Tanja

Dienstag , 29.11

09:10 - 10:05

Power Yoga
Bernadette

12:15 - 12:45

Simply Core
Bettina

18:00 - 18:55

Pilates
Barbara

Mittwoch , 30.11

12:15 - 12:45

Upcon
Bettina

19:00 - 19:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Dario

Donnerstag , 01.12

09:10 - 10:05

*BBP (Bauch, Beine, Po) /
Bodytone*
Silvana

18:15 - 19:10

Pump
Ramona

19:15 - 20:10

Power Yoga
Silvana

Freitag , 02.12

Samstag , 03.12

09:10 - 10:05

Upcon
Bettina

Sonntag , 04.12

10:00 - 10:55

Step Aerobic
Dario