

Montag , 02.01

10:00 - 10:55

Power yoga meets Pilates
Silvana

Dienstag , 03.01

09:10 - 10:05

Power Yoga
Bernadette

12:15 - 12:45

Simply Core
Bettina

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 04.01

12:15 - 12:45

Upcon
Bettina

19:00 - 19:55

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

Donnerstag , 05.01

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 06.01

Samstag , 07.01

09:10 - 10:05

Upcon
Dario

Sonntag , 08.01