

Montag , 16.01

08:45 - 09:40

Pilates
Alla

19:15 - 20:10

Pump
Tanja

Dienstag , 17.01

09:10 - 10:05

Power Yoga
Alla

12:15 - 12:45

Simply Core
Bettina

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 18.01

12:15 - 12:45

Upcon
Bettina

19:00 - 19:55

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

Donnerstag , 19.01

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 20.01

Samstag , 21.01

09:10 - 10:05

Upcon
Bettina

Sonntag , 22.01