

Montag , 20.11

09:10 - 10:05

Pilates
Barbara

12:15 - 12:45

Pump i.t.
Yvonne

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Dienstag , 21.11

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 22.11

12:15 - 12:45

Upcon
Debi

19:00 - 19:55

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

Donnerstag , 23.11

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 24.11

Samstag , 25.11

Sonntag , 26.11

10:00 - 10:55

Aerobic Special
Dario