

Montag , 04.12

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 , 05.12

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 06.12

12:15 - 12:45

Upcon
Debi

19:00 - 19:55

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

Donnerstag , 07.12

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 08.12

Samstag , 09.12

Sonntag , 10.12

10:00 - 10:55

Pump
Silvana