

Montag , 22.01

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Dienstag , 23.01

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 24.01

12:15 - 12:15

Upcon
Debi

19:00 - 19:55

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

Donnerstag , 25.01

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 26.01

Samstag , 27.01

Sonntag , 28.01

09:30 - 10:25

Power Yoga
Camille