

Montag , 29.01

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Dienstag , 30.01

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 31.01

12:15 - 12:15

Upcon
Debi

19:00 - 19:55

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

Donnerstag , 01.02

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 02.02

Samstag , 03.02

Sonntag , 04.02

09:30 - 10:25

Power Yoga
Silvana