

Montag , 11.11

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Dienstag , 12.11

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Rückengymnastik
Esther

Mittwoch , 13.11

19:00 - 19:55

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

Donnerstag , 14.11

18:30 - 19:25

Pump
Noy

19:30 - 20:25

BodyART International
Noy

Freitag , 15.11

Samstag , 16.11

Sonntag , 17.11

09:30 - 10:25

Power Yoga
Kamala