

Montag , 31.03

09:10 - 10:05

Rückengymnastik
Esther

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Mischa

Dienstag , 01.04

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Rückengymnastik
Esther

Mittwoch , 02.04

09:10 - 10:05

Yoga
Nicole

19:00 - 19:55

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

Donnerstag , 03.04

18:30 - 19:25

Muscle Work
Noy

19:30 - 20:25

BodyART International
Noy

Freitag , 04.04

Samstag , 05.04

Sonntag , 06.04

09:30 - 10:25

Yoga
Nicole