

Montag , 25.12

09:30 - 10:25

Yoga Special
Liliya

11:00 - 11:55

Zumba Special
Olivia

Dienstag , 26.12

Mittwoch , 27.12

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Arlette

Donnerstag , 28.12

09:10 - 10:05

Rückengymnastik
Claudia

12:15 - 12:45

P.I.I.T
Janina

18:00 - 18:55

Pump
Monika

19:05 - 20:00

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

Freitag , 29.12

09:05 - 10:00

Yoga
Lisa

10:15 - 11:10

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

Samstag , 30.12

09:00 - 09:55

Yoga
Annemie

10:15 - 11:10

Fitboxe
Sandy

Sonntag , 31.12

09:20 - 10:15

Zumba
Marion

10:30 - 11:25

Pump
Sarah