

Montag , 18.11

09:00 - 09:55

Pump
Sandy

19:00 - 19:55

Fitboxe
Sandy

20:15 - 21:10

Power Yoga
Liliya

Dienstag , 19.11

09:00 - 09:55

Pump
Monika

10:05 - 11:00

Pilates
Sarah

12:15 - 12:45

P.I.I.T
Monika

18:15 - 19:10

Pump
Sarah

19:15 - 20:10

Dance Step
Christina

Mittwoch , 20.11

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
Gabriela

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Alina

20:05 - 21:00

Deep Stretch
Vesna

Donnerstag , 21.11

09:10 - 10:05

Rückengymnastik
Olivia

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 , 22.11

09:00 - 09:55

Yoga
Lisa

10:05 - 11:00

BBP (Bauch, Beine, Po) / Bodytone
Jasmin

Samstag , 23.11

09:00 - 09:55

Yoga
Annemie

10:15 - 11:10

Fitboxe
Sandy

Sonntag , 24.11

09:20 - 10:15

Zumba
Marion

10:30 - 11:25

Pump
Monika