

Montag , 01.01

Dienstag , 02.01

18:00 - 18:55

Power Yoga
Manuela

Mittwoch , 03.01

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Donnerstag , 04.01

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Freitag , 05.01

10:15 - 11:10

Pilates
Yvette

Samstag , 06.01

Sonntag , 07.01

09:10 - 10:05

Yoga
Nadine