

Montag , 15.01

09:10 - 10:05

Pump i.t.
Lydia

10:10 - 10:40

P.I.I.T
Lydia

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

BBP (Bauch, Beine, Po) / Bodytone
Sara

Dienstag , 16.01

18:00 - 18:55

Power Yoga
Manuela

Mittwoch , 17.01

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:30 - 19:25

BBP (Bauch, Beine, Po) / Bodytone
Rahel

19:35 - 20:30

Pilates
Manuela

Donnerstag , 18.01

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Freitag , 19.01

10:15 - 11:10

Pilates
Yvette

Samstag , 20.01

Sonntag , 21.01

09:10 - 10:05

BBP (Bauch, Beine, Po) / Bodytone
Sara