

Montag , 16.09

09:10 - 10:05

Pump
Lydia

18:00 - 18:30

P.I.I.T
Sara

18:40 - 19:35

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

Dienstag , 17.09

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mittwoch , 18.09

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

Donnerstag , 19.09

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Janine

Freitag , 20.09

10:15 - 11:10

Pilates
Yvette

Samstag , 21.09

Sonntag , 22.09

09:10 - 10:05

Yoga
Nadine