

Montag , 13.01

09:10 - 10:05

Pump
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 , 14.01

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mittwoch , 15.01

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

Donnerstag , 16.01

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Janine

Freitag , 17.01

10:15 - 11:10

Pilates
Yvette

Samstag , 18.01

Sonntag , 19.01

09:10 - 10:05

BBP (Bauch, Beine, Po) / Bodytone
Sara