

Montag , 15.01

09:00 - 09:55

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

18:30 - 19:25

Zumba
Gabriela

Dienstag , 16.01

17:45 - 18:40

Kick Power
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 17.01

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 18.01

18:00 - 18:55

Pump
Ruth

Freitag , 19.01

09:00 - 09:55

Functional Workout
Nancy

Samstag , 20.01

Sonntag , 21.01