

Montag , 23.09

09:00 - 09:55

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

18:30 - 19:25

Zumba
Gabriela

Dienstag , 24.09

17:45 - 18:40

Bodycombat
Laura

18:45 - 19:40

Bodybalance
Laura

Mittwoch , 25.09

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 26.09

18:00 - 18:55

Pump
Ruth

Freitag , 27.09

09:00 - 09:55

Functional Workout
Nancy

Samstag , 28.09

Sonntag , 29.09