

Montag , 30.09

09:00 - 09:55

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

18:30 - 19:25

Zumba
Lia

Dienstag , 01.10

10:00 - 10:55

Yoga
Pedro

Mittwoch , 02.10

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 03.10

18:00 - 18:55

Pump
Ruth

Freitag , 04.10

09:00 - 09:55

Functional Workout
Nancy

Samstag , 05.10

Sonntag , 06.10