

Montag , 13.01

09:00 - 09:55

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

18:30 - 19:25

Zumba
Daniela

Dienstag , 14.01

10:00 - 10:55

Yoga
Pedro

17:45 - 18:40

Bodycombat
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 15.01

09:30 - 10:25

Functional Workout
Barbara

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 16.01

18:00 - 18:55

Pump
Ruth

Freitag , 17.01

09:00 - 09:55

Functional Workout
Nancy

Samstag , 18.01

Sonntag , 19.01