

Montag , 18.12

09:15 - 10:10

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

19:15 - 20:10

Kick Power
Jennifer

Dienstag , 19.12

18:30 - 19:25

Zumba
Tanja

19:45 - 20:15

P.I.I.T
Dario

Mittwoch , 20.12

12:15 - 13:10

Power Yoga
Agnes

18:00 - 18:55

Pilates
Angela

19:00 - 19:55

Pump
Marion

Donnerstag , 21.12

09:15 - 10:10

Zumba
Padhy

18:30 - 19:25

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

19:30 - 20:25

Functional Workout
Sabine

Freitag , 22.12

18:30 - 19:25

Step Aerobic
Padhy

Samstag , 23.12

10:00 - 10:30

P.I.I.T
Nadine

10:45 - 11:40

Pump
Nadine

Sonntag , 24.12

10:30 - 11:25

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