

Montag , 15.01

09:15 - 10:10

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

19:15 - 20:10

Kick Power
Jennifer

Dienstag , 16.01

09:15 - 10:10

Power Yoga
Ines

18:30 - 19:25

Zumba
Tanja

19:45 - 20:15

P.I.I.T
Dario

Mittwoch , 17.01

12:15 - 13:10

Power Yoga
Katrin

18:00 - 18:55

Pilates
Angela

19:00 - 19:55

Pump
Marion

Donnerstag , 18.01

09:15 - 10:10

Zumba
Padhy

18:30 - 19:25

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

19:30 - 20:25

Deep Work
Noy

Freitag , 19.01

18:30 - 19:25

Step Aerobic
Padhy

Samstag , 20.01

10:00 - 10:30

Simply Core
Noy

10:45 - 11:40

Pump
Noy

Sonntag , 21.01

10:30 - 11:25

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