

Montag , 08.08

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Dienstag , 09.08

09:10 - 10:05

MC (Mental Centering)
Matthias

18:10 - 18:40

P.I.I.T
Janina

18:50 - 19:45

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

Mittwoch , 10.08

08:00 - 08:55

Pilates
Claudia

20:00 - 20:55

Yoga
Silvana

Donnerstag , 11.08

08:30 - 09:25

Rückengymnastik
Vicky

09:35 - 10:30

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

Freitag , 12.08

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Seraina

Samstag , 13.08

Sonntag , 14.08