

Montag , 03.10

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 , 04.10

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
Nadine

Mittwoch , 05.10

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Monika

18:50 - 19:45

Dance Aerobic / Dance
Mix
Patrick Juvet

20:00 - 20:55

Pilates
Vicky

Donnerstag , 06.10

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

BBP (Bauch, Beine, Po) /
Bodytone
Liz

Freitag , 07.10

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Seraina

Samstag , 08.10

Sonntag , 09.10