

Montag , 10.04

Dienstag , 11.04

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 , 12.04

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

Yoga
Katja

Donnerstag , 13.04

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

19:10 - 20:05

Fighttime 55'
Maria

Freitag , 14.04

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Franziska

Samstag , 15.04

Sonntag , 16.04