

Montag , 10.07

08:30 - 09:25

Pilates
Katalin

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Dienstag , 11.07

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 , 12.07

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
Silvana

Donnerstag , 13.07

08:30 - 09:25

Rückengymnastik
Vicky

09:35 - 10:30

Pump
Adriana

Freitag , 14.07

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Michaela

Samstag , 15.07

Sonntag , 16.07