

Montag , 17.07

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 , 18.07

09:10 - 10:05

MC (Mental Centering)
Matthias

18:50 - 19:45

BBP (Bauch, Beine, Po) /
Bodytone
Nena Nevenka

Mittwoch , 19.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Monika

20:00 - 20:55

Pilates
Claudia

Donnerstag , 20.07

08:30 - 09:25

Rückengymnastik
Claudia

09:35 - 10:30

Pump
Adriana

Freitag , 21.07

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Franziska

Samstag , 22.07

Sonntag , 23.07