

Montag , 30.10

08:30 - 09:25 <i>Yoga</i> Lisa	09:45 - 10:40 <i>Pilates</i> Monika	18:20 - 19:15 <i>Pump</i> Marlis	19:30 - 20:25 <i>Yoga</i> Seraina
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Dienstag , 31.10

09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias	18:10 - 18:40 <i>P.I.I.T</i> Ajla	18:50 - 19:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata
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Mittwoch , 01.11

Donnerstag , 02.11

08:30 - 09:25 <i>Rückengymnastik</i> Liz	09:35 - 10:30 <i>Pump</i> Adriana
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Freitag , 03.11

09:00 - 09:55 <i>Pump</i> Vicky	10:05 - 11:00 <i>Yoga</i> Michaela
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Samstag , 04.11

Sonntag , 05.11