

Montag , 01.01

Dienstag , 02.01

09:10 - 10:05

MC (Mental Centering)
Liz

18:05 - 18:35

P.I.I.T
Ajla

18:50 - 19:45

*BBP (Bauch, Beine, Po) /
Bodytone*
Renata

Mittwoch , 03.01

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Monika

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Monika

20:00 - 20:55

Yoga
Silvana

Donnerstag , 04.01

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

Freitag , 05.01

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Nadine

Samstag , 06.01

Sonntag , 07.01