

Montag , 08.07

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Pilates
Adriana

Dienstag , 09.07

09:10 - 10:05

MC (Mental Centering)
Matthias

18:05 - 18:35

P.I.I.T
Janina

18:40 - 19:35

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

Mittwoch , 10.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

20:00 - 20:55

Yoga
Silvana

Donnerstag , 11.07

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

19:00 - 19:55

Bodybalance
Daniela

Freitag , 12.07

09:00 - 09:55

Pump
Katja

10:05 - 11:00

Yoga
Michaela

Samstag , 13.07

Sonntag , 14.07