

Montag , 15.07

08:30 - 09:25 Yoga Lisa	09:45 - 10:40 Pilates Monika	18:20 - 19:15 Pump Marlis	19:30 - 20:25 Pilates Erica
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Dienstag , 16.07

09:10 - 10:05 MC (Mental Centering) Matthias	18:40 - 19:35 BBP (Bauch, Beine, Po) / Bodytone Arlette
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Mittwoch , 17.07

08:00 - 08:55 Pilates Monika	09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika	20:00 - 20:55 Yoga Silvana
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Donnerstag , 18.07

08:30 - 09:25 Rückengymnastik Liz	09:35 - 10:30 Pump Sandy
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Freitag , 19.07

09:00 - 09:55 Pump Katja	10:05 - 11:00 Yoga Michaela
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Samstag , 20.07

Sonntag , 21.07