

Montag , 29.07

08:30 - 09:25

Yoga
Dinah

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Pilates
Daniela

Dienstag , 30.07

09:10 - 10:05

MC (Mental Centering)
Daniela

Mittwoch , 31.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

Donnerstag , 01.08

Freitag , 02.08

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Liliya

Samstag , 03.08

Sonntag , 04.08