

Lundi , 01.01

Mardi , 02.01

10:00 - 11:00

Les Mills Bodypump
Eszter

Mercredi , 03.01

09:30 - 10:25

Pilates
Sonja

12:05 - 12:35

Les Mills CORE
Sonja

12:35 - 13:05

Les Mills Grit
Sonja

18:30 - 19:30

Les Mills Bodypump
Eszter

19:45 - 20:40

Pilates
Sonja

Jeudi , 04.01

12:05 - 13:00

Pilates
Sonja

18:30 - 19:30

Martial Art Fit
Dirk

18:30 - 19:25

Cycling
Rene

19:40 - 20:35

Faszien Yoga
Olga

Vendredi , 05.01

09:00 - 09:55

Faszien-Training
Carole

12:05 - 13:05

Les Mills Bodypump
Elena

Samedi , 06.01

09:30 - 10:30

Les Mills Bodypump
Monika

Dimanche , 07.01

10:00 - 11:00

Les Mills Bodypump
Eszter