

Lundi , 22.01

09:30 - 10:25

Toning
Daniela

18:30 - 19:25

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

18:30 - 19:00

P.I.I.T
Natasha

Mardi , 23.01

18:00 - 18:55

Pilates
Natalie

19:00 - 19:55

Step
Bärbel

Mercredi , 24.01

18:30 - 19:25

Core Training
Annette

Jeudi , 25.01

Vendredi , 26.01

Samedi , 27.01

10:00 - 10:55

Pump
Natalie

Dimanche , 28.01