

Lundi , 02.12

09:05 - 10:00

Pump
Ajla

10:10 - 10:55

Yoga
Ajla

18:00 - 18:55

Pump
Katja

19:15 - 20:10

Fitboxe
Nicole

Mardi , 03.12

09:05 - 10:00

Rückengymnastik
Liz

18:00 - 18:55

Zumba
Diana

19:05 - 20:00

Power Yoga
Nina

Mercredi , 04.12

09:05 - 10:00

Pump
Ajla

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Veronica

Jeudi , 05.12

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

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

Vendredi , 06.12

09:05 - 10:00

Zumba
Miriam

Samedi , 07.12

Dimanche , 08.12

09:00 - 09:55

Pump
Veronica

10:10 - 11:05

Pilates
Valentina