

Montag , 17.07

09:15 - 10:10

Dance Aerobic / Dance Mix
Monika

10:15 - 11:10

Power Yoga
Monika

19:00 - 19:55

Zumba
Eliane

Dienstag , 18.07

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

10:00 - 10:55

Rückenfit
Monika

18:00 - 18:55

Yoga
Monika

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 19.07

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Elizabeth

Donnerstag , 20.07

08:30 - 09:25

Zumba
Andrea

09:30 - 10:25

Rückenfit
Daniela

Freitag , 21.07

09:15 - 10:10

Zumba
Andrea

Samstag , 22.07

Sonntag , 23.07