

Montag , 11.03

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Eliane

Dienstag , 12.03

09:00 - 09:55

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

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 13.03

08:45 - 09:25

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Josephine

Donnerstag , 14.03

09:00 - 09:55

Rückenfit
Nicole

Freitag , 15.03

09:15 - 10:10

Zumba
Andrea

Samstag , 16.03

Sonntag , 17.03