

Montag , 25.12

Dienstag , 26.12

10:00 - 11:00

Les Mills Bodypump
Eszter

Mittwoch , 27.12

09:30 - 10:25

Pilates
Bettina

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

Donnerstag , 28.12

12:05 - 13:00

Pilates
Sonja

18:30 - 19:25

Cycling
Rene

18:30 - 19:30

Martial Art Fit
Dirk

19:40 - 20:35

Faszien Yoga
Sonja

Freitag , 29.12

09:00 - 09:55

Faszien-Training
Carole

12:05 - 13:05

Les Mills Bodypump
Elena

Samstag , 30.12

09:30 - 10:30

Les Mills Bodypump
Eszter

Sonntag , 31.12

10:00 - 11:00

Les Mills Bodypump
Eszter