

Montag , 23.12

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Veronika

12:15 - 13:05

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

18:00 - 18:30

Core Training
Luana

18:35 - 19:30

Functional Workout
Luana

Dienstag , 24.12

09:30 - 10:25

Pump Special
Isabel

Mittwoch , 25.12

10:00 - 10:55

P.I.I.T Special
Daniela

Donnerstag , 26.12

Freitag , 27.12

12:15 - 13:10

Pump Workout
Petra

17:00 - 17:55

Yoga
Bettina

Samstag , 28.12

09:15 - 10:10

Pilates
Veronika

10:30 - 11:25

Cycling
Oline

Sonntag , 29.12

10:00 - 10:55

Zumba
Nicholay

11:15 - 12:10

Cycling
Caroline