

Montag , 12.12

07:00 - 07:55

Yoga
Elissa

12:15 - 12:45

P.I.I.T
Cynthia

18:00 - 18:55

Yoga
Elissa

19:05 - 20:00

Pump
Cristian

Dienstag , 13.12

12:15 - 13:00

Yoga
Neira

18:00 - 18:55

Pump
Flavia

19:10 - 20:05

Zumba
Deniz

Mittwoch , 14.12

12:15 - 13:00

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

17:15 - 18:10

Pilates
Isabelle

Donnerstag , 15.12

12:15 - 12:45

P.I.I.T
Renate

18:00 - 18:55

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

19:05 - 20:00

Pump
Saskia

Freitag , 16.12

12:15 - 13:00

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

17:30 - 18:00

Simply Core
Dina

18:10 - 19:05

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

Samstag , 17.12

Sonntag , 18.12

10:00 - 10:55

Christmas Special
Flavia