

Montag , 02.10

07:00 - 07:55

Yoga
Vivian

12:15 - 12:45

P.I.I.T
Luana

18:00 - 18:55

Yoga
Neira

19:05 - 20:00

Pump
Cristian

Dienstag , 03.10

12:15 - 13:00

Yoga
Neira

17:45 - 18:00

Techniktraining
Isabelle

18:00 - 18:55

Kick Power
Isabelle

19:00 - 19:55

Zumba
Deniz

Mittwoch , 04.10

12:15 - 13:00

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

17:15 - 18:10

Pilates
Isabelle

18:15 - 19:10

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

Donnerstag , 05.10

12:15 - 12:45

P.I.I.T
Bianca

18:00 - 18:55

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

19:00 - 19:55

Pump
Angelica

Freitag , 06.10

12:15 - 13:00

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

17:30 - 18:00

Simply Core
Dina

18:10 - 19:05

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

Samstag , 07.10

Sonntag , 08.10

10:00 - 10:55

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