

Montag , 27.11

07:00 - 07:55

Yoga
Vivian

12:15 - 12:45

P.I.I.T
Luana

17:15 - 18:00

Functional Workout
Bianca

18:05 - 19:00

Yoga
Neira

Dienstag , 28.11

12:15 - 13:00

Yoga
Neira

18:00 - 18:55

Kick Power
Isabelle

19:00 - 19:55

Zumba
Deniz

Mittwoch , 29.11

12:15 - 13:00

BBP (Bauch, Beine, Po) /
Bodytone
Naima

17:15 - 18:10

Pilates
Isabelle

18:15 - 19:10

BBP (Bauch, Beine, Po) /
Bodytone
Saskia

19:15 - 20:10

Pump
Saskia

Donnerstag , 30.11

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 , 01.12

12:15 - 13:00

BBP (Bauch, Beine, Po) /
Bodytone
Naima

17:30 - 18:00

Simply Core
Naima

18:10 - 19:05

BBP (Bauch, Beine, Po) /
Bodytone
Naima

Samstag , 02.12

Sonntag , 03.12