

Montag , 01.01

Dienstag , 02.01

11:30 - 13:00

Interval Training
Mirjam

Mittwoch , 03.01

06:30 - 07:25

Cycling
Adriano

09:10 - 10:05

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

12:15 - 13:10

Interval Training
Mirjam

17:30 - 18:25

Pump
Ariane

18:45 - 19:40

Bodycombat
Laura

Donnerstag , 04.01

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Marcel

19:15 - 20:10

Pump
Andrea

Freitag , 05.01

09:10 - 10:05

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

10:20 - 11:15

Pilates
Serena

12:15 - 13:10

Bodycombat
Jacqueline

17:30 - 18:25

Cycling
Adriano

18:40 - 19:35

*BodyART
International*
Mirjam

Samstag , 06.01

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Sonntag , 07.01

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam