

Montag , 03.10

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Wulan

Dienstag , 04.10

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) / Bodytone
Csilla

Mittwoch , 05.10

09:30 - 10:25

Over 50
Camila

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 06.10

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Power Yoga
Giobana

Freitag , 07.10

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
Camila

18:00 - 18:55

Functional Workout
Vittoria

Samstag , 08.10

Sonntag , 09.10