

Montag , 19.12

09:30 - 10:25

Pilates
Giobana

Dienstag , 20.12

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) /
Bodytone
Vittoria

Mittwoch , 21.12

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 22.12

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

Freitag , 23.12

18:00 - 18:55

Functional Workout
Vittoria

Samstag , 24.12

Sonntag , 25.12