

Montag , 26.12

Dienstag , 27.12

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

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

Mittwoch , 28.12

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 29.12

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 30.12

09:30 - 10:25

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

Samstag , 31.12

Sonntag , 01.01