

Montag , 11.12

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
Larissa

Dienstag , 12.12

18:00 - 18:55

Rückengymnastik
Csilla

Mittwoch , 13.12

09:00 - 09:55

Yoga
Giobana

17:35 - 18:30

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 14.12

09:30 - 10:25

Zumba
Katarzyna

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 15.12

18:00 - 18:55

Functional Workout
Dominic

Samstag , 16.12

Sonntag , 17.12