

Montag , 23.01

Dienstag , 24.01

07:30 - 08:25

Power Yoga
Flavia

17:35 - 18:05

Simply Core
Bettina

18:15 - 19:10

Functional Workout
Bettina

Mittwoch , 25.01

18:00 - 18:55

Toning
Flavia

19:00 - 19:55

Deep Work
Flavia

Donnerstag , 26.01

12:15 - 12:45

P.I.I.T
Bettina

18:30 - 19:25

Yoga
Team

Freitag , 27.01

Samstag , 28.01

11:00 - 11:55

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

Sonntag , 29.01