

Montag , 03.10

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dienstag , 04.10

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

BBP (Bauch, Beine, Po) /
Bodytone
Jady

Mittwoch , 05.10

09:00 - 09:55

Zumba
Lise

18:00 - 18:55

Pump
Cristian

19:10 - 20:05

TRX
Graziella

Donnerstag , 06.10

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Elissa

18:30 - 19:25

Power Yoga
Elissa

Freitag , 07.10

09:00 - 09:55

TRX
Graziella

10:10 - 11:05

Rückenfit
Isabel

Samstag , 08.10

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Sonntag , 09.10

10:55 - 10:55

Cycling
Manuel