

Montag , 23.01

12:15 - 12:45

P.I.I.T
Renate

18:10 - 19:05

Pump
Saskia

19:15 - 20:10

Functional Workout
Nadine

Dienstag , 24.01

09:00 - 09:55

Yoga
Isabel

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Pump
Saskia

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mittwoch , 25.01

08:45 - 09:40

BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Angelica

18:00 - 18:55

Powerstep
Fabienne

19:05 - 20:00

Power Yoga
Fabienne

Donnerstag , 26.01

09:30 - 10:25

Pilates
Geneviève

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Freitag , 27.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Lara

Samstag , 28.01

Sonntag , 29.01

10:00 - 10:55

Special Kickpower meets Functional
Doris

11:00 - 11:55

Full Body Workout
Doris