

Montag , 02.01

08:00 - 08:55

Yoga
Nadine

09:15 - 09:45

P.I.I.T
Morena

09:55 - 10:50

Pump
Morena

17:55 - 18:50

Pump
Manuela

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Laura

Dienstag , 03.01

09:30 - 10:25

Zumba
Sabina

17:55 - 18:50

Pump
Morena

19:00 - 19:55

Zumba
Miriam

20:05 - 21:00

Yoga
Nadine

Mittwoch , 04.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Laura

17:55 - 18:50

BBP (Bauch, Beine, Po) / Bodytone
Manuela

19:00 - 19:55

Pilates
Manuela

20:05 - 21:00

Zumba
Sabina

Donnerstag , 05.01

09:30 - 10:25

Yoga
Alexandra

18:00 - 18:30

P.I.I.T
Laura

18:30 - 18:55

Simply Core
Laura

19:10 - 20:05

Pump
Laura

Freitag , 06.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Laura

10:15 - 10:45

Simply Core
Laura

12:00 - 12:55

Pump
Manuela

Samstag , 07.01

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Manuela

Sonntag , 08.01

08:45 - 09:40

Pump
Manuela

10:00 - 10:30

Simply Core
Laura

10:35 - 11:05

Pump i.t.
Laura