

Montag , 23.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alexandra	10:00 - 10:55 <i>Yoga</i> Alexandra	12:15 - 12:45 <i>P.I.I.T</i> Linda	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Claudia	19:00 - 19:55 <i>Zumba</i> Vanessa	20:00 - 20:55 <i>Yoga</i> Tatjana
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Dienstag , 24.12

Mittwoch , 25.12

Donnerstag , 26.12

09:00 - 10:25 <i>Pilates Special</i> Nicola	10:30 - 11:25 <i>Fitboxe</i> Nicole
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Freitag , 27.12

09:00 - 09:55 <i>Rückengymnastik</i> Nicola	10:00 - 10:55 <i>Yoga</i> Nadine	12:15 - 13:10 <i>Pump</i> Sandra	17:45 - 18:40 <i>Cycling</i> Gilles	19:00 - 19:55 <i>Pilates</i> Valentina
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Samstag , 28.12

09:30 - 10:25 <i>Yoga</i> Tatjana
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Sonntag , 29.12

08:55 - 09:25 <i>P.I.I.T</i> Sandra	09:30 - 10:25 <i>Pump</i> Sandra
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