

Montag , 10.10

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 11.10

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

Mittwoch , 12.10

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Nina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 13.10

18:30 - 19:25

Yoga
Laura

Freitag , 14.10

07:00 - 07:55

Yoga
Andreina

Samstag , 15.10

Sonntag , 16.10