

Montag , 12.12

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 13.12

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

Mittwoch , 14.12

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Laura

Donnerstag , 15.12

07:00 - 07:55

Yoga
Nina

18:30 - 19:25

Yoga
Nina

Freitag , 16.12

Samstag , 17.12

Sonntag , 18.12