

Montag , 16.01

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 17.01

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 18.01

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 19.01

07:00 - 07:55

Yoga
Andreina

18:30 - 19:25

Yoga
Renata

Freitag , 20.01

Samstag , 21.01

Sonntag , 22.01