

Montag , 13.03

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Dienstag , 14.03

08:30 - 09:25

Functional Yoga
Johana

12:20 - 13:15

Pump
Ramona

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mittwoch , 15.03

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Donnerstag , 16.03

07:00 - 07:55

Yoga
Andreina

18:30 - 19:25

Yoga
Renata

Freitag , 17.03

Samstag , 18.03

Sonntag , 19.03