

Montag , 01.12

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Dienstag , 02.12

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mittwoch , 03.12

09:10 - 10:05

Yoga
Nicole

19:00 - 19:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Dario

Donnerstag , 04.12

18:30 - 19:25

Muscle Work
Noy

19:30 - 20:25

BodyART International
Noy

Freitag , 05.12

Samstag , 06.12

Sonntag , 07.12

09:30 - 10:25

Power Yoga
Camille