

Montag , 26.12

09:30 - 10:25

Power Yoga Special
Manuela

Dienstag , 27.12

18:00 - 18:55

Power Yoga
Manuela

19:05 - 20:00

Upcon
Sophie

Mittwoch , 28.12

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:20 - 18:50

Simply Core
Janine

19:00 - 19:55

Pump
Janine

Donnerstag , 29.12

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Freitag , 30.12

10:15 - 11:10

Pilates
Yvette

Samstag , 31.12

Sonntag , 01.01