

Montag , 23.01

08:30 - 09:25

BBP (Bauch,
Beine, Po) /
Bodytone
Brigitta

12:10 - 13:05

Yoga
Sibilla

13:30 - 14:25

Rückenfit
Sibilla

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone
Mariella

19:15 - 19:45

Upcon
Lena

20:00 - 20:55

Yoga
Anya

Dienstag , 24.01

09:00 - 09:55

Pilates
Brigitta

17:50 - 18:45

Rückenfit
Martina

19:00 - 19:55

Zumba
Sabrina

20:10 - 21:05

Pump
Sabrina

Mittwoch , 25.01

08:30 - 09:25

BBP (Bauch, Beine, Po) /
Bodytone
Karin

09:30 - 10:25

Yoga
Karin

18:00 - 18:55

Pilates
Martina

Donnerstag , 26.01

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Renata

10:10 - 11:05

Pilates
Marlene

18:00 - 18:30

BBP (Bauch, Beine,
Po) / Bodytone
Mariella

18:45 - 19:15

P.I.I.T
Mariella

Freitag , 27.01

10:00 - 10:55

Rückenfit
Marlene

17:30 - 18:25

Pump
Michael

Samstag , 28.01

09:30 - 10:00

BBP (Bauch, Beine, Po) /
Bodytone
Lena

10:15 - 11:45

Yoga
Anya

Sonntag , 29.01

09:15 - 10:10

Pilates
Sibilla

10:30 - 11:00

P.I.I.T
Sandra

11:15 - 12:10

Zumba
Uriel