

Montag , 30.01

08:30 - 09:25

Pump
 Michael

12:10 - 13:05

Yoga
 Sibilla

13:30 - 14:25

Rückenfit
 Sibilla

18:00 - 18:30

BBP (Bauch, Beine, Po) / Bodytone
 Michael

19:15 - 19:45

Upcon
 Lena

20:00 - 20:55

Yoga
 Anya

Dienstag , 31.01

09:00 - 09:55

Pilates
 Vicky

17:50 - 18:45

Rückenfit
 Martina

19:00 - 19:55

Zumba
 Sabrina

20:10 - 21:05

Pump
 Sabrina

Mittwoch , 01.02

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
 Vicky

09:30 - 10:25

Pilates
 Vicky

18:00 - 18:55

Pilates
 Martina

Donnerstag , 02.02

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
 Renata

10:10 - 11:05

Pilates
 Vicky

18:00 - 18:30

BBP (Bauch, Beine, Po) / Bodytone
 Sandra

18:45 - 19:15

P.I.I.T
 Sandra

Freitag , 03.02

10:00 - 10:55

Rückenfit
 Martina

17:30 - 18:25

Pump
 Michael

Samstag , 04.02

09:30 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
 Lena

10:15 - 11:45

Yoga
 Anya

Sonntag , 05.02

09:15 - 10:10

Yoga
 Anya

10:30 - 11:00

P.I.I.T
 Lena

11:15 - 12:10

Zumba
 Mariella