

Montag , 09.01

09:00 - 09:55

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

18:30 - 19:25

Zumba
Gabriela

Dienstag , 10.01

17:45 - 18:40

Kick Power
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 11.01

09:00 - 09:55

Functional Workout
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 12.01

17:30 - 18:25

Pump
Ruth

Freitag , 13.01

09:00 - 09:55

Functional Workout
Nancy

Samstag , 14.01

Sonntag , 15.01