

Montag , 30.01

09:00 - 09:55

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

18:30 - 19:25

Zumba
Daniela

Dienstag , 31.01

17:45 - 18:40

Kick Power
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 01.02

09:00 - 09:55

Functional Workout
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 02.02

18:00 - 18:55

Pump
Ruth

Freitag , 03.02

09:00 - 09:55

Functional Workout
Nancy

Samstag , 04.02

Sonntag , 05.02