

Montag , 04.07

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Dienstag , 05.07

09:10 - 10:05

MC (Mental Centering)
Matthias

18:10 - 18:40

P.I.I.T
Janina

18:50 - 19:45

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

Mittwoch , 06.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Monika

20:00 - 20:55

Yoga
Silvana

Donnerstag , 07.07

08:30 - 09:25

Rückengymnastik
Lisa

Freitag , 08.07

09:00 - 09:55

Pump
Sarah

10:10 - 11:05

Dance Aerobic / Dance Mix
Monika

Samstag , 09.07

Sonntag , 10.07