

Montag , 13.03

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 , 14.03

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 , 15.03

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Patrick Juvet

20:00 - 20:55

Yoga
Silvana

Donnerstag , 16.03

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

19:10 - 20:05

Fighttime 55'
Maria

Freitag , 17.03

09:00 - 09:55

Pump
Adriana

10:05 - 11:00

Yoga
Silvana

Samstag , 18.03

Sonntag , 19.03