

Lundi , 15.09

09:30 - 10:25

Pilates
Caroline

17:30 - 18:00

Les Mills Grit
Anna

18:15 - 19:10

Cycling
Rene

18:15 - 19:10

Faszien-Training
Olga

19:30 - 20:30

Les Mills Bodypump
Nicole

Mardi , 16.09

09:15 - 10:15

Les Mills Bodypump
Barbara

12:05 - 13:05

Les Mills Bodypump
Tatiana

18:20 - 19:15

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

Mercredi , 17.09

09:00 - 10:00

Pilates
Caroline

12:05 - 12:35

Les Mills CORE
Sonja

12:35 - 13:05

Les Mills Grit
Sonja

18:00 - 19:00

Les Mills Bodypump
Anna

19:15 - 20:10

Pilates
Bettina

Jeudi , 18.09

12:05 - 13:00

Pilates
Sonja

18:30 - 19:25

Cycling
Rene

18:30 - 19:30

Martial Art Fit
Dirk

19:40 - 20:35

Faszien Yoga
Sonia

Vendredi , 19.09

09:00 - 09:55

Faszien-Training
Carole

12:05 - 13:05

Les Mills Bodypump
Elena

Samedi , 20.09

09:30 - 10:30

Les Mills Bodypump
Nicole

Dimanche , 21.09

10:00 - 11:00

Les Mills Bodypump
Sonja