

Lundi , 08.08

09:00 - 09:55

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

10:05 - 11:00

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

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

19:05 - 20:00

Zumba
Andrea

20:10 - 21:05

Power Yoga
Beatrice

Mardi , 09.08

09:30 - 10:25

Power Yoga
Nina

17:30 - 18:00

P.I.I.T
Linda

18:10 - 19:05

Kick Power
Nicole

19:15 - 20:10

Pump
Sandra

Mercredi , 10.08

10:00 - 10:55

Rückengymnastik
Carmen

18:00 - 18:55

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

Jeudi , 11.08

09:00 - 09:55

Zumba Gold
Andrea

10:05 - 11:00

Pilates
Sara

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Vendredi , 12.08

10:00 - 10:55

Rückengymnastik
Carmen

12:05 - 13:00

Pump
Sandra

Samedi , 13.08

09:30 - 10:25

Yoga
Beatrice

Dimanche , 14.08