

Lundi , 07.11

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 , 08.11

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:30 - 18:00

P.I.I.T
Linda

18:10 - 19:05

Kick Power
Nicole

19:15 - 20:10

Pump
Sandra

Mercredi , 09.11

09:15 - 09:45

Senioren Cycling
Alexandra

10:00 - 10:55

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:00 - 19:55

Cycling
Yves

Jeudi , 10.11

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Sandra

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Vendredi , 11.11

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 12.11

09:30 - 10:25

Yoga
Beatrice

Dimanche , 13.11

09:30 - 10:25

Pump
Tatjana