

Lundi , 03.07

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Sandra

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Nadine

Mardi , 04.07

09:00 - 09:55

Zumba Gold
Olivia

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 05.07

09:30 - 10:00

Senioren Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Katja

Jeudi , 06.07

06:30 - 07:25

Yoga
Anna Katharina

09:30 - 10:25

Yoga
Carmen

18:00 - 18:55

Pump
Alisha

19:05 - 20:00

Fitboxe
Judith

Vendredi , 07.07

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Monika

Samedi , 08.07

09:30 - 10:25

Yoga
Michaela

Dimanche , 09.07