

Lundi , 30.10

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*
 Katja

19:00 - 19:55

Zumba
 Andrea

20:00 - 20:55

Power Yoga
 Beatrice

Mardi , 31.10

09:00 - 09:55

Zumba Gold
 Petra

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 , 01.11

Jeudi , 02.11

06:15 - 07:10

Pilates
 Sandra

09:30 - 10:25

Pilates
 Sara

12:15 - 12:45

P.I.I.T
 Angela

18:00 - 18:55

Pump
 Nicole

19:05 - 20:00

Fitboxe
 Nicole

Vendredi , 03.11

09:00 - 09:55

Rückengymnastik
 Nicola

10:00 - 10:55

Yoga
 Asal

12:05 - 13:00

Pump
 Sandra

17:45 - 18:40

Cycling
 Martin

19:00 - 19:55

Pilates
 Eva

Samedi , 04.11

09:30 - 10:25

Yoga
 Beatrice

Dimanche , 05.11

08:55 - 09:25

P.I.I.T
 Désirée

09:30 - 10:25

Pump
 Mariana