

Lundi , 23.09

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
Claudia

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Martina

Mardi , 24.09

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Angela

19:00 - 19:55

Pump
Sandra

Mercredi , 25.09

09:25 - 10:10

Senioren Cycling
Alexandra

10:15 - 11:10

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Katja

Jeudi , 26.09

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

18:00 - 18:55

Pump
Sandra

19:05 - 20:00

Fitboxe
Andrej

Vendredi , 27.09

09:00 - 09:55

Rückengymnastik
Nena Nevenka

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Nena Nevenka

12:15 - 13:10

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 28.09

09:30 - 10:25

Yoga
Nina

Dimanche , 29.09

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole