

Montag , 15.05

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:15

Physio Fit
Marie

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

BBP (Bauch,
Beine, Po) /
Bodytone
Petra

18:00 - 18:55

Functional
Workout
Lorna

18:00 - 18:55

Yoga
Regine

19:00 - 19:45

Herzgruppe
Andrea

Dienstag , 16.05

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

Cycling
Petra

14:00 - 14:55

Herzgruppe
Andrea

17:30 - 18:25

TRX
Jerom

18:00 - 18:55

Cycling
Laura

19:15 - 19:45

Pilates
Ines

Mittwoch , 17.05

09:00 - 09:55

Herzgruppe
Andrea

09:10 - 10:05

Yoga
Susan

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Donnerstag , 18.05

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

14:00 - 14:55

Herzgruppe
Andrea

Freitag , 19.05

09:15 - 10:10

Yoga
Xi

10:00 - 10:45

Gym Senior
Petra

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Samstag , 20.05

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Full Body Workout
Fabienne

10:45 - 11:40

Yoga
Xi

Sonntag , 21.05

09:30 - 10:25

Cycling
Petra

10:45 - 11:40

Pump
Jacqueline