

Montag , 22.05

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Herzgruppe
Andrea

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

BBP (Bauch,
Beine, Po) /
Bodytone
Petra

18:00 - 18:55

Functional
Workout
Fabienne

18:00 - 18:55

Yoga
Regine

19:00 - 19:45

Herzgruppe
Andrea

Dienstag , 23.05

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
Kathrin

19:15 - 20:00

Pilates
Ines

Mittwoch , 24.05

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 , 25.05

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

TRX
David

14:00 - 14:55

Herzgruppe
Andrea

Freitag , 26.05

10:00 - 10:45

Gym Senior
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
David

Samstag , 27.05

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Full Body Workout
Lorna

Sonntag , 28.05

09:30 - 10:25

Cycling
Peter

10:45 - 11:40

Pump
Bärbel