

Montag , 12.06

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:15

Physio Fit
Marie

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 - 19:55

Herzgruppe
Fabienne

Dienstag , 13.06

12:15 - 13:00

Cycling
Petra

17:30 - 18:25

TRX
Jerom

18:00 - 18:55

Cycling
Laura

19:15 - 20:10

Pilates
Ines

Mittwoch , 14.06

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 , 15.06

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 , 16.06

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samstag , 17.06

09:30 - 10:25

Zumba
Pia

10:00 - 10:55

Full Body Workout
Jacqueline

10:45 - 11:40

Yoga
Olga

Sonntag , 18.06

09:30 - 10:25

Cycling
Manuel

10:45 - 11:40

Pump
Jacqueline