

Montag , 18.03

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Physio Fit
Team

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

BBP (Bauch,
Beine, Po) /
Bodytone
Petra

18:00 - 18:55

Yoga
Regine

18:00 - 18:55

Functional
Workout
Fabienne

19:00 - 19:55

Herzgruppe
Fabienne

Dienstag , 19.03

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

18:00 - 18:55

Cycling
Laura

19:00 - 19:55

TRX
Jerom

19:15 - 20:00

Pilates
Ines

Mittwoch , 20.03

09:10 - 10:05

Yoga
Laura

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

19:00 - 19:55

Functional Workout
Raphael

Donnerstag , 21.03

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 , 22.03

10:00 - 10:45

Fit Gym
Petra

18:00 - 18:55

Functional Workout
Raphael

Samstag , 23.03

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Jacqueline

10:45 - 11:40

Yoga
Laura

Sonntag , 24.03

09:30 - 10:25

Cycling
Peter

10:45 - 11:40

Pump
Bärbel