

Montag , 01.04

Dienstag , 02.04

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 - 19:55

Pilates
Sonja

Mittwoch , 03.04

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 , 04.04

12:15 - 13:00

TRX
David

Freitag , 05.04

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samstag , 06.04

09:30 - 10:25

Zumba
Karina

10:00 - 10:55

Functional Workout
Fabienne

10:45 - 11:40

Yoga
Ines

Sonntag , 07.04

09:30 - 10:25

Cycling
Kathrin