

Montag , 15.05

08:15 - 09:10

*BBP (Bauch, Beine,
Po) / Bodytone*
Anna

09:15 - 10:10

*Dance Aerobic / Dance
Mix*
Monika

10:15 - 11:10

Power Yoga
Monika

19:00 - 19:55

Zumba
Eliane

Dienstag , 16.05

09:00 - 09:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Monika

10:00 - 10:55

Rückenfit
Monika

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 17.05

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 18.05

09:30 - 10:25

Rückenfit
Daniela

Freitag , 19.05

09:15 - 10:10

Zumba
Andrea

Samstag , 20.05

Sonntag , 21.05