

Montag , 16.10

09:30 - 10:25

Pilates
 Caroline

17:30 - 18:00

Les Mills Grit
 Anna

18:15 - 19:10

Cycling
 Rene

18:15 - 19:10

Faszien-Training
 Olga

19:30 - 20:30

Les Mills Bodypump
 Nicole

Dienstag , 17.10

09:15 - 10:15

Les Mills Bodypump
 Barbara

12:05 - 13:05

Les Mills Bodypump
 Tatiana

17:45 - 18:15

Les Mills CORE
 Ilona

18:20 - 19:15

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

Mittwoch , 18.10

09:30 - 10:25

Pilates
 Caroline

12:05 - 12:35

Les Mills CORE
 Sonja

12:35 - 13:05

Les Mills Grit
 Sonja

18:30 - 19:30

Les Mills Bodypump
 Eszter

19:45 - 20:40

Pilates
 Sonja

Donnerstag , 19.10

12:05 - 13:00

Pilates
 Sonja

18:30 - 19:25

Cycling
 Rene

18:30 - 19:30

Martial Art Fit
 Dirk

19:40 - 20:35

Faszien Yoga
 Nicola

Freitag , 20.10

09:00 - 09:55

Faszien-Training
 Carole

12:05 - 13:05

Les Mills Bodypump
 Elena

Samstag , 21.10

09:30 - 10:30

Les Mills Bodypump
 Eszter

Sonntag , 22.10

10:00 - 11:00

Les Mills Bodypump
 Monika