

Montag , 13.11

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 , 14.11

09:15 - 10:15

Les Mills Bodypump
Barbara

12:05 - 13:05

Les Mills Bodypump
Tatiana

17:45 - 18:15

Les Mills CORE
Tamara

18:20 - 19:15

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

Mittwoch , 15.11

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 , 16.11

12:05 - 13:00

Pilates
Sonja

18:30 - 19:30

Martial Art Fit
Dirk

18:30 - 19:25

Cycling
Rene

19:40 - 20:35

Faszien Yoga
Nicola

Freitag , 17.11

09:00 - 09:55

Faszien-Training
Carole

12:05 - 13:05

Les Mills Bodypump
Eszter

Samstag , 18.11

09:30 - 10:30

Les Mills Bodypump
Eszter

Sonntag , 19.11

10:00 - 11:00

Les Mills Bodypump
Selina