

Montag , 04.12

09:30 - 10:25

Pilates
Caroline

17:30 - 18:00

Les Mills Grit
Melanie

18:15 - 19:10

Cycling
Rene

18:15 - 19:10

Faszien-Training
Olga

19:30 - 20:30

Les Mills Bodypump
Nicole

Dienstag , 05.12

12:05 - 13:05

Les Mills Bodypump
Tatiana

17:45 - 18:15

Les Mills CORE
Melanie

18:20 - 19:15

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

Mittwoch , 06.12

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 , 07.12

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
Olga

Freitag , 08.12

10:00 - 11:00

Les Mills Bodypump
Eszter

Samstag , 09.12

09:30 - 10:30

Les Mills Bodypump
Monika

Sonntag , 10.12

10:00 - 11:00

Les Mills Bodypump
Eszter