

Montag , 15.01

09:30 - 10:25

Pilates
 Caroline

17:30 - 18:00

Les Mills Grit
 Anna

18:15 - 19:10

Faszien-Training
 Olga

18:15 - 19:10

Cycling
 Rene

19:30 - 20:30

Les Mills Bodypump
 Nicole

Dienstag , 16.01

12:05 - 13:05

Les Mills Bodypump
 Sonja

17:45 - 18:15

Les Mills CORE
 Melanie

18:20 - 19:15

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

Mittwoch , 17.01

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 , 18.01

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
 Sonja

Freitag , 19.01

09:00 - 09:55

Faszien-Training
 Carole

12:05 - 13:05

Les Mills Bodypump
 Elena

Samstag , 20.01

09:30 - 10:30

Les Mills Bodypump
 Monika

Sonntag , 21.01

10:00 - 11:00

Les Mills Bodypump
 Sonja