

Montag , 22.04

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Veronika

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Bianca

18:00 - 18:30

Core Training
Simone

18:35 - 19:30

Functional Workout
Simone

Dienstag , 23.04

08:30 - 09:25

Pilates
Veronika

09:40 - 10:35

Fit ab 60
Veronika

12:15 - 13:10

Cycling
Caroline

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Veronika

19:10 - 20:05

BodyART
Veronika

Mittwoch , 24.04

08:20 - 08:50

Simply Core
Isabel

09:00 - 09:55

Pump Workout
Jenny

10:10 - 11:05

Sicher gehen
Susanne

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Daniela

18:00 - 18:55

Pump Workout
Simone

19:10 - 20:05

Pilates
Veronika

Donnerstag , 25.04

08:10 - 09:05

BodyART
International
Veronika

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Susanne

10:20 - 11:15

Cycling
Barbara

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Simone

19:10 - 20:05

Cycling
Simone

Freitag , 26.04

08:45 - 09:40

Pump Workout
Jenny

09:55 - 10:50

Rückenfit
Simone

12:15 - 13:10

Pump Workout
Saskia

17:00 - 17:55

Yoga
Jenny

Samstag , 27.04

09:15 - 10:10

Pilates
Veronika

10:30 - 11:25

Cycling
Barbara

Sonntag , 28.04

10:00 - 10:55

Zumba
Sibylle

11:15 - 12:10

Cycling
Barbara