

Montag , 28.07

09:15 - 10:10

Pilates
Astrid

18:15 - 18:45

P.I.I.T
Claude

19:00 - 19:55

Pump
Ramona

20:05 - 21:00

Rückenfit
Claudia

Dienstag , 29.07

09:00 - 09:55

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

10:00 - 10:55

Deep Stretch
Andrea

19:00 - 19:55

Fitboxe
Arlette

20:00 - 20:55

Power Yoga
Klaudia

Mittwoch , 30.07

08:30 - 09:25

Pilates
Andrea

09:35 - 10:30

Pump
Jasmin

18:30 - 19:25

Pump
Sandy

Donnerstag , 31.07

09:00 - 09:55

Zumba
Petra

10:00 - 10:55

Yoga
Nevin

18:00 - 18:55

Zumba
Petra

19:05 - 20:00

Fitboxe
Sandy

Freitag , 01.08

Samstag , 02.08

Sonntag , 03.08