

Montag , 06.10

14:00 - 15:00

Best Agers
 Erblin

18:00 - 18:55

Les Mills Bodypump
 Djamshed

19:10 - 20:05

Bodycombat
 Djamshed

20:15 - 20:50

Core Training
 Djamshed

Dienstag , 07.10

09:00 - 09:55

Pilates
 Miroslava

17:40 - 18:35

Zumba
 Daniela

17:40 - 18:35

Rückenfit
 Daniela

18:00 - 18:45

X Train
 Jaromir

18:50 - 19:55

Jumping
 Djamshed

20:05 - 21:00

BoxingFitness
 Philippe

Mittwoch , 08.10

08:00 - 09:00

Best Agers
 Erblin

09:00 - 09:55

Zumba
 Daniela

10:00 - 10:55

Yoga
 Keith

16:55 - 17:50

Les Mills Bodypump
 Djamshed

18:00 - 18:55

Bodycombat
 Djamshed

19:10 - 20:05

Pilates
 Miroslava

Donnerstag , 09.10

18:00 - 18:55

Jumping
 Djamshed

18:00 - 19:00

X Train
 Flavio

19:15 - 19:50

Core Training
 Djamshed

Freitag , 10.10

09:00 - 09:55

Bodycombat
 Nicole

18:00 - 18:55

BoxingFitness
 Philippe

Samstag , 11.10

09:30 - 10:45

Yoga 75min
 Laura

Sonntag , 12.10