

Montag , 17.10

09:15 - 10:10

BodyART International
Mirjam

17:45 - 18:40

Pump
Christian

18:50 - 19:45

Bodycombat
Jeannine

20:00 - 20:55

Bodybalance
Jacqueline

Dienstag , 18.10

09:10 - 10:05

Pump
Eliane

12:15 - 13:10

Yoga
Irene

17:45 - 18:40

Pump
Eliane

19:00 - 19:55

Pilates
Simone Lisa

Mittwoch , 19.10

06:30 - 07:25

Cycling
Adriano

12:15 - 13:10

Interval Training
Mirjam

17:30 - 18:25

Pump
Sonia

18:45 - 19:40

Bodycombat
Sonia

Donnerstag , 20.10

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Marcel

19:15 - 20:10

Pump
Andrea

Freitag , 21.10

09:10 - 10:05

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

10:20 - 11:15

Pilates
Serena

12:15 - 13:10

Bodycombat
Jacqueline

17:30 - 18:25

Cycling
Adriano

18:40 - 19:35

*BodyART
International*
Mirjam

Samstag , 22.10

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Sonntag , 23.10

11:30 - 12:45

Interval Training
Mirjam