

Montag , 03.10

09:10 - 10:05

Pump
Michelle

18:00 - 18:55

Pump
Monika

19:15 - 20:10

Fitboxe
Nicole

Dienstag , 04.10

09:05 - 10:00

Yoga
Isabelle

18:00 - 18:55

Zumba
Andrea

19:05 - 20:00

Power Yoga
Katja

Mittwoch , 05.10

09:10 - 10:05

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

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Vicky

Donnerstag , 06.10

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Nena Nevenka

19:00 - 19:55

Fitboxe
Sandra

Freitag , 07.10

09:05 - 10:00

Zumba
Petra

Samstag , 08.10

Sonntag , 09.10