

Montag , 20.01

09:10 - 09:40

Simply Core
Angelika

10:15 - 11:10

Kick Power
Angelika

18:00 - 18:55

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

19:00 - 19:55

Power Yoga
Sunethra

Dienstag , 21.01

09:10 - 09:40

Pump i.t.
Denise

09:45 - 10:20

P.I.I.T
Denise

18:00 - 18:55

Functional Workout
André

19:00 - 19:55

Pump
Martha

Mittwoch , 22.01

09:10 - 10:05

Fitboxe
Denise

10:10 - 11:05

Pump
Denise

19:00 - 19:55

Zumba
Karina

Donnerstag , 23.01

09:00 - 09:55

Power Yoga
Bettina

10:00 - 10:55

Pilates
Brigitte

18:00 - 18:55

Step'n Tone
Jette

19:00 - 19:30

Simply Core
Angelika

Freitag , 24.01

09:10 - 10:05

Zumba
Deniz

10:10 - 11:05

Step'n Tone
Brigitte

Samstag , 25.01

Sonntag , 26.01