

Montag , 03.03

09:10 - 10:05

Zumba
Nicholay

10:15 - 11:10

Kick Power
Angelika

18:00 - 18:55

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

19:00 - 19:55

Power Yoga
Sandra

Dienstag , 04.03

09:10 - 09:40

Pump i.t.
Denise

09:45 - 10:15

P.I.I.T
Denise

18:00 - 18:55

Functional Workout
André

19:00 - 19:55

Pump
David

Mittwoch , 05.03

09:10 - 10:05

Fitboxe
Denise

10:10 - 11:05

Pump
Denise

19:00 - 19:55

Zumba
Karina

Donnerstag , 06.03

09:00 - 09:55

Power Yoga
Bettina

10:00 - 10:55

Pilates
Bettina

18:00 - 18:55

Step'n Tone
Jette

19:00 - 19:30

Simply Core
Angelika

Freitag , 07.03

09:10 - 10:05

Zumba
Deniz

10:10 - 11:05

Zumba
Deniz

Samstag , 08.03

Sonntag , 09.03