

Montag , 20.10

09:10 - 10:05

Zumba
 Melinda

10:10 - 11:05

Fitboxe
 Angelika

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 , 21.10

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
 Martha

Mittwoch , 22.10

09:10 - 10:05

Fitboxe
 Denise

09:10 - 10:05

Kick Power
 Denise

10:10 - 11:05

Pump
 Denise

19:00 - 19:55

Zumba
 Karina

Donnerstag , 23.10

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 , 24.10

09:10 - 10:05

Zumba
 Deniz

10:10 - 11:05

Step'n Tone
 Brigitte

Samstag , 25.10

Sonntag , 26.10