

Montag , 03.10

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Petra

20:25 - 21:20

Pump
Ursi

Dienstag , 04.10

09:10 - 10:05

Pump
Ursi

10:15 - 11:10

Cycling
Tanya

12:10 - 13:05

Cycling
Walter

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Vicky

20:05 - 21:00

Fitboxe
Marina

Mittwoch , 05.10

08:30 - 09:25

Senioren Cycling
Brigitta

09:35 - 10:30

Rückenfit
Cordelia

17:50 - 18:45

Powerstep
Petra

19:00 - 19:55

Pump
Ursi

20:15 - 21:10

Yoga
Nevin

Donnerstag , 06.10

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

19:10 - 20:05

Fighttime
Karin

Freitag , 07.10

08:30 - 09:25

Over 50
Sandra

09:35 - 10:30

Pilates
Sandra

12:15 - 12:45

Upcon
Janina

17:50 - 18:45

Zumba
Marion

19:00 - 19:55

Cycling
Ivo

Samstag , 08.10

09:30 - 10:25

Yoga
Nevin

Sonntag , 09.10

10:30 - 11:25

Pump
Andreas