

Montag , 13.03

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Tea

Dienstag , 14.03

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Melanie

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Graziella

19:00 - 19:55

Step'n Tone
Graziella

Mittwoch , 15.03

09:00 - 09:55

Zumba
Sibylle

18:00 - 18:55

Pump
Cristian

Donnerstag , 16.03

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Melanie

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Elissa

Freitag , 17.03

08:55 - 09:25

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samstag , 18.03

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Saskia

Sonntag , 19.03

10:00 - 10:55

Cycling
Barbara