

Montag , 29.04

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

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

Dienstag , 30.04

09:00 - 09:55

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

10:10 - 11:05

Rückenfit
Isabelle

18:30 - 19:25

Pump
Graziella

Mittwoch , 01.05

19:00 - 20:25

Cycling
Barbara

Donnerstag , 02.05

09:00 - 09:55

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

18:00 - 18:55

TRX
Graziella

19:05 - 20:00

Power Yoga
Anja

Freitag , 03.05

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

Samstag , 04.05

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Sonntag , 05.05

09:30 - 10:25

Cycling
Saskia

10:40 - 11:35

Dance Aerobic / Dance Mix
Ariane