

Montag , 04.07

09:00 - 09:55

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

10:05 - 11:00

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Stéphanie

18:00 - 18:55

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

19:05 - 20:00

Zumba
Andrea

20:10 - 21:05

Power Yoga
Beatrice

Dienstag , 05.07

09:30 - 10:25

Power Yoga
Michaela

17:30 - 18:00

P.I.I.T
Linda

18:10 - 19:05

Kick Power
Nicole

19:15 - 20:10

Pump
Sandra

Mittwoch , 06.07

09:15 - 09:45

Senioren Cycling
Alexandra

10:00 - 10:55

Rückengymnastik
Alexandra

18:00 - 18:55

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

Donnerstag , 07.07

09:00 - 09:55

Zumba Gold
Andrea

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 08.07

10:00 - 10:55

Rückengymnastik
Katja

12:05 - 13:00

Pump
Sandra

Samstag , 09.07

09:30 - 10:25

Yoga
Beatrice

Sonntag , 10.07