

Montag , 31.10

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*
Barbara

19:05 - 20:00

Zumba
Andrea

20:10 - 21:05

Power Yoga
Beatrice

Dienstag , 01.11

Mittwoch , 02.11

09:15 - 09:45

Senioren Cycling
Alexandra

10:00 - 10:55

Rückengymnastik
Alexandra

18:00 - 18:55

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

19:00 - 19:55

Cycling
Gilles

Donnerstag , 03.11

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Sandra

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 04.11

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 05.11

09:30 - 10:25

Yoga
Nina

Sonntag , 06.11

09:30 - 10:25

Pump
Nicole