

Montag , 14.11

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 , 15.11

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

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 , 16.11

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 , 17.11

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 18.11

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Yoga
Liliya

Samstag , 19.11

09:30 - 10:25

Yoga
Nina

Sonntag , 20.11

09:30 - 10:25

Pump
Nicole