

Montag , 19.12

09:00 - 09:55

Fighttime 55'
 Arlette

10:00 - 10:55

Yoga
 Beatrice

12:15 - 12:45

P.I.I.T
 Stéphanie

18:00 - 18:55

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

19:00 - 19:55

Zumba
 Andrea

20:00 - 20:55

Power Yoga
 Beatrice

Dienstag , 20.12

09:00 - 09:55

Zumba Gold
 Petra

10:00 - 10:55

Power Yoga
 Michaela

17:30 - 17:55

P.I.I.T
 Linda

18:00 - 18:55

Fitboxe
 Judith

19:00 - 19:55

Pump
 Sandra

Mittwoch , 21.12

09:30 - 10:00

Senioren Cycling
 Yves

10:05 - 11:00

Rückengymnastik
 Liz

18:00 - 18:55

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

19:00 - 19:55

Cycling
 Yves

Donnerstag , 22.12

06:30 - 07:25

Yoga
 Nina

09:30 - 10:25

Pilates
 Sarah

18:00 - 18:55

Pump
 Tatjana

19:05 - 20:00

Fitboxe
 Andrej

Freitag , 23.12

10:00 - 10:55

Rückengymnastik
 Liz

12:05 - 13:00

Pump
 Sandra

19:00 - 19:55

Pilates
 Eva

Samstag , 24.12

Sonntag , 25.12