

Montag , 02.01

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Stéphanie

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 03.01

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Liliya

17:30 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 04.01

09:30 - 10:00

Senioren Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:00 - 19:55

Cycling
Yves

Donnerstag , 05.01

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Andrej

Freitag , 06.01

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Monika

Samstag , 07.01

09:30 - 10:25

Yoga
Beatrice

Sonntag , 08.01

09:30 - 10:25

Pump
Nicole