

Montag , 22.05

09:00 - 09:55

BBP (Bauch,
Beine, Po) /
Bodytone
Katja

10:00 - 10:55

Yoga
Katja

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone
Linda

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 23.05

09:00 - 09:55

Zumba Gold
Leidy

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Angela

19:00 - 19:55

Pump
Sandra

Mittwoch , 24.05

09:30 - 10:00

Senioren Cycling
Yves

10:05 - 11:00

Rückengymnastik
Katja

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:15 - 20:10

Cycling
Julia

Donnerstag , 25.05

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Sandra

19:05 - 20:00

Fitboxe
Andrej

Freitag , 26.05

10:00 - 10:55

Rückengymnastik
Claudia

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 27.05

09:30 - 10:25

Yoga
Beatrice

Sonntag , 28.05