

Montag , 29.05

Dienstag , 30.05

09:00 - 09:55

Zumba Gold
Leidy

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 31.05

09:30 - 10:00

Senioren Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

18:00 - 18:55

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

19:15 - 20:10

Cycling
Julia

Donnerstag , 01.06

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Nicola

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Andrej

Freitag , 02.06

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Veronica

19:00 - 19:55

Pilates
Eva

Samstag , 03.06

09:30 - 10:25

Yoga
Nina

Sonntag , 04.06

09:30 - 10:25

Pump
Tatjana