

Montag , 02.10

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

Claudia

19:00 - 19:55

Zumba
Miriam

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 03.10

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Liliya

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 04.10

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 , 05.10

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

12:15 - 12:45

P.I.I.T
Angela

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 06.10

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 07.10

09:30 - 10:25

Yoga
Beatrice

Sonntag , 08.10

08:55 - 09:25

P.I.I.T
Sandra

09:30 - 10:25

Pump
Sandra