

Montag , 27.11

09:00 - 09:55

BBP (Bauch,
Beine, Po) /
Bodytone
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone
Nena Nevenka

19:00 - 19:55

Zumba
Rahel

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 28.11

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Fitboxe
Ramona

19:00 - 19:55

Pump
Sandra

Mittwoch , 29.11

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
Yves

Donnerstag , 30.11

06:15 - 07:10

Pilates
Sandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Ramona

Freitag , 01.12

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Sandra

17:45 - 18:40

Cycling
Yves

19:00 - 19:55

Pilates
Nicola

Samstag , 02.12

09:30 - 10:25

Yoga
Alexandra

Sonntag , 03.12

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole