

Montag , 04.12

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
Kerstin

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 05.12

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

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 06.12

09:25 - 10:10

Senioren Cycling
Alexandra

10:15 - 11:10

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:15 - 20:10

Cycling
Yves

Donnerstag , 07.12

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
Andrej

Freitag , 08.12

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Sandra

17:45 - 18:40

Cycling
Julia

19:00 - 19:55

Pilates
Eva

Samstag , 09.12

09:30 - 10:25

Yoga
Michaela

Sonntag , 10.12

08:55 - 09:25

P.I.I.T
Désirée

09:30 - 10:25

Pump
Sandra