

Montag , 18.12

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
Asal

Dienstag , 19.12

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

Fitboxe
Judith

19:00 - 19:55

Pump
Sandra

Mittwoch , 20.12

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 , 21.12

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
Sandra

19:05 - 20:00

Fitboxe
Andrej

Freitag , 22.12

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Sandra

17:45 - 18:40

Cycling
Gilles

19:00 - 19:55

Pilates
Nicola

Samstag , 23.12

09:30 - 10:25

Yoga
Beatrice

Sonntag , 24.12

09:00 - 09:55

Pilates Special
Eva

10:00 - 10:55

Fitboxe Special
Nicole

11:00 - 11:55

Zumba Special
Rahel