

Montag , 25.12

Dienstag , 26.12

Mittwoch , 27.12

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
Julia

Donnerstag , 28.12

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Nicola

12:15 - 12:45

P.I.I.T
Angela

18:00 - 18:55

Pump
Sandra

19:05 - 20:00

Fitboxe
Andrej

Freitag , 29.12

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Liliya

12:05 - 13:00

Pump
Sandra

17:45 - 18:40

Cycling
Nicola

19:00 - 19:55

Pilates
Eva

Samstag , 30.12

09:30 - 10:25

Yoga
Nina

Sonntag , 31.12

09:00 - 09:45

P.I.I.T Special
Linda

09:50 - 10:45

Pump meets P.i.i.t
Katja

10:50 - 11:45

Pilates Special
Sandra