

Montag , 01.01

Dienstag , 02.01

09:00 - 09:55

Zumba Gold

Petra

10:00 - 10:55

Pilates

Sandra

17:25 - 17:55

P.I.I.T

Angela

18:00 - 18:55

Kick Power

Nicole

19:00 - 19:55

Pump

Sandra

Mittwoch , 03.01

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 - 21:15

Cycling Special

Yves

Donnerstag , 04.01

06:15 - 07:10

Pilates

Sandra

09:30 - 10:25

Yoga

Lisa

12:15 - 12:45

P.I.I.T

Angela

18:00 - 18:55

Pump

Nicole

19:05 - 20:00

Fitboxe

Nicole

Freitag , 05.01

09:00 - 09:55

Rückengymnastik

Monika

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 , 06.01

09:30 - 10:25

Yoga

Beatrice

Sonntag , 07.01

08:55 - 09:25

P.I.I.T

Nicole

09:30 - 10:25

Pump

Nicole