

Montag , 06.05

09:00 - 09:55

Pilates
Nicola

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Claudia

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 07.05

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 08.05

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 , 09.05

09:30 - 11:00

Pilates Special
Nicola

Freitag , 10.05

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Katja

19:00 - 19:55

Pilates
Eva

Samstag , 11.05

09:30 - 10:25

Yoga
Julian Raphael

Sonntag , 12.05

08:55 - 09:25

P.I.I.T
Sandra

09:30 - 10:25

Pump
Sandra