

Montag , 16.09

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*
Claudia

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Nadine

Dienstag , 17.09

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
Angela

19:00 - 19:55

Pump
Sandra

Mittwoch , 18.09

09:25 - 10:10

Senioren Cycling
Alexandra

10:15 - 11:10

Rückengymnastik
Alexandra

18:00 - 18:55

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

Donnerstag , 19.09

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

18:00 - 18:55

Pump
Fabien

19:05 - 20:00

Fitboxe
Andrej

Freitag , 20.09

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Asal

12:15 - 13:10

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 21.09

09:30 - 10:25

Yoga
Asal

Sonntag , 22.09

08:55 - 09:25

P.I.I.T
Tatjana

09:30 - 10:25

Pump
Tatjana