

Montag , 30.09

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*
Linda

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 01.10

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Liliya

17:25 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Tatjana

Mittwoch , 02.10

09:25 - 10:10

Senioren Cycling
Alexandra

10:15 - 11:10

Rückengymnastik
Alexandra

18:00 - 18:55

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

Donnerstag , 03.10

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Andrej

Freitag , 04.10

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Monika

12:15 - 13:10

Pump
Sandra

19:00 - 19:55

Pilates
Valentina

Samstag , 05.10

09:30 - 10:25

Yoga
Nadine

Sonntag , 06.10

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole