

Montag , 07.04

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 , 08.04

09:00 - 09:55

Zumba Gold
Uliana

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Nicole

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Larissa

Mittwoch , 09.04

09:00 - 09:55

Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

12:15 - 12:45

Simply Core
Raphael

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:15 - 20:10

Cycling
Roman

Donnerstag , 10.04

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Yoga
Nadine

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 11.04

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Liliya

12:15 - 13:10

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 12.04

09:30 - 10:25

Yoga
Beatrice

Sonntag , 13.04

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole