

Montag , 20.10

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
Beatrice

Dienstag , 21.10

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
Larissa

Mittwoch , 22.10

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

Donnerstag , 23.10

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 , 24.10

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 , 25.10

09:30 - 10:25

Yoga
Team

Sonntag , 26.10

08:55 - 09:25

P.I.I.T
Team

09:30 - 10:25

Pump
Team