

Montag , 15.04

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*
Claudia

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 16.04

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 17.04

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
Alessia

Donnerstag , 18.04

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Freitag , 19.04

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Nadine

12:05 - 13:00

Pump
Katja

19:00 - 19:55

Pilates
Eva

Samstag , 20.04

09:30 - 10:25

Yoga
Beatrice

Sonntag , 21.04

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole