

Montag , 08.08

08:00 - 08:55

Spiralkraft
Monika

09:15 - 10:10

Dance Step
Christina

17:50 - 18:45

Pump
Sandra

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Dienstag , 09.08

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:10 - 21:05

Zumba
Angela

Mittwoch , 10.08

10:20 - 11:15

Rückengym Physio
Miriam

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Beatrice

Donnerstag , 11.08

10:20 - 11:15

Spiralkraft
Liliya

Freitag , 12.08

Samstag , 13.08

Sonntag , 14.08

10:00 - 10:55

Zumba
Angela