

Montag , 03.10

08:00 - 08:55

Spiralkraft
Monika

09:15 - 09:45

Senioren Cycling
Daniela

09:15 - 10:10

Dance Step
Christina

17:50 - 18:45

Pump
Sandra

19:00 - 19:55

Kick Power
Irene

19:00 - 19:55

Cycling
Ralph

20:10 - 21:05

Pilates
Monika

Dienstag , 04.10

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 , 05.10

09:10 - 10:05

Zumba
Angela

10:10 - 11:05

Pilates
Vasiliki

17:50 - 18:45

Fitboxe
Irene

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Nadine

Donnerstag , 06.10

09:10 - 10:05

Pump
Claudia

10:20 - 11:15

Spiralkraft
Monika

19:00 - 19:30

P.I.I.T
Vivienne

19:35 - 20:05

Simply Core
Vivienne

20:10 - 21:05

Pilates
Monika

Freitag , 07.10

09:15 - 10:10

Yoga
Alexandra

19:00 - 19:55

Yoga
Liliya

Samstag , 08.10

Sonntag , 09.10

10:00 - 10:55

Zumba
Angela