

Montag , 28.11

08:00 - 08:55

Spiralkraft
Monika

09:15 - 10:10

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Daniela

17:50 - 18:45

Pump
Sandra

19:00 - 19:55

Cycling
Ralph

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Dienstag , 29.11

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

10:35 - 11:30

Rückengym Physio
Miriam

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

20:10 - 21:05

Zumba
Angela

Mittwoch , 30.11

09:10 - 10:05

Zumba
Miriam

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 , 01.12

09:10 - 10:05

Pump
Claudia

10:20 - 11:15

Spiralkraft
Monika

18:00 - 18:55

Rückengym Physio
Miriam

19:00 - 19:30

P.I.I.T
Vivienne

19:35 - 20:05

Simply Core
Vivienne

20:10 - 21:05

Pilates
Monika

Freitag , 02.12

09:15 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Alexandra

09:50 - 10:45

Yoga
Alexandra

19:00 - 19:55

Yoga
Nina

Samstag , 03.12

Sonntag , 04.12

09:00 - 09:55

Cycling
Ruedi

10:00 - 10:55

Zumba
Angela