

Montag , 16.01

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

Kick Power
Irene

19:00 - 19:55

Cycling
Ralph

20:10 - 21:05

Pilates
Monika

Dienstag , 17.01

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 , 18.01

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 , 19.01

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 , 20.01

09:15 - 09:45

P.I.I.T
Katja

09:50 - 10:45

Yoga
Katja

19:00 - 19:55

Yoga
Nina

Samstag , 21.01

Sonntag , 22.01

09:00 - 09:55

Cycling
Patrick

09:30 - 11:45

Zumba Special
Team