

Montag , 19.08

08:00 - 08:55

Spiralkraft
Monika

09:10 - 10:05

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Daniela

18:00 - 18:55

Pump
Irene

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Dienstag , 20.08

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

10:35 - 11:30

Rückengym Physio
Bernadette

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:00 - 20:55

Zumba
Angela

Mittwoch , 21.08

09:10 - 10:05

Zumba
Miriam

10:10 - 11:05

Pilates
Vasiliki

18:00 - 18:55

Fitboxe
Irene

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Tatjana

Donnerstag , 22.08

09:10 - 10:05

Pump
Claudia

10:20 - 11:15

Spiralkraft
Monika

18:00 - 18:55

Rückengym Physio
Bernadette

20:10 - 21:05

Pilates
Monika

Freitag , 23.08

09:15 - 10:10

Yoga
Tatjana

10:15 - 11:10

Dance Step
Margarita

19:15 - 20:10

Yoga
Monika

Samstag , 24.08

Sonntag , 25.08

10:00 - 10:55

Zumba
Angela