

Montag , 04.07

08:00 - 08:55

Spiralkraft
Monika

09:15 - 09:45

Senioren Cycling
Irene

09:15 - 10:10

Dance Step
Christina

17:50 - 18:45

Pump
Tatjana

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Dienstag , 05.07

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

10:30 - 11:25

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 , 06.07

09:10 - 10:05

Zumba
Miriam

10:15 - 11:10

Rückengymnastik
Angelika

17:50 - 18:45

Fighttime
Irene

19:00 - 19:55

Pump
Irene

Donnerstag , 07.07

09:10 - 10:05

Pump
Irene

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 , 08.07

09:15 - 10:10

Yoga
Alexandra

Samstag , 09.07

Sonntag , 10.07

10:00 - 10:55

Zumba
Andrea