

Montag , 15.05

08:00 - 08:55

Spiralkraft
Monika

09:05 - 10:00

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Irene

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 , 16.05

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 , 17.05

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 , 18.05

Freitag , 19.05

09:15 - 09:45

P.I.I.T
Katja

09:50 - 10:45

Yoga
Katja

19:15 - 20:05

Yoga
Seraina

Samstag , 20.05

Sonntag , 21.05

10:00 - 10:55

Zumba
Angela