

Montag , 16.10

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Marianne

18:15 - 19:10

Cycling
Martina

19:15 - 20:10

TRX
Jordane

Dienstag , 17.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 18.10

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Jordane

Donnerstag , 19.10

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Coralie

Freitag , 20.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Jordane

18:00 - 18:45

Open Gym
Alfred Deuces

Samstag , 21.10

Sonntag , 22.10

09:30 - 10:15

Pump
Marianne