

Lundi , 15.01

09:00 - 09:55 <i>Zumba</i> Karina	10:10 - 11:05 <i>Stretching</i> Vera	12:15 - 13:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	18:00 - 18:30 <i>Core Training</i> Simone	18:35 - 19:30 <i>Functional Workout</i> Simone
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Mardi , 16.01

08:30 - 09:25 <i>Pilates</i> Isabelle	09:40 - 10:35 <i>Fit ab 60</i> Susanne	12:15 - 13:10 <i>Cycling</i> Carlo	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Simone
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Mercredi , 17.01

08:20 - 08:50 <i>Simply Core</i> Isabel	09:00 - 09:55 <i>Pump Workout</i> Jenny	10:10 - 11:05 <i>Sicher gehen</i> Brigitte	12:15 - 13:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela	18:00 - 18:55 <i>Pump Workout</i> Simone	19:10 - 20:05 <i>Pilates</i> Veronika
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Jeudi , 18.01

08:10 - 09:05 <i>BodyART International</i> Veronika	09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	10:20 - 11:15 <i>Cycling</i> Barbara	12:15 - 12:45 <i>P.I.I.T</i> Daniela	18:00 - 18:55 <i>TRX</i> Simone	19:10 - 20:05 <i>Cycling</i> Manuel
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Vendredi , 19.01

08:45 - 09:40 <i>Pump Workout</i> Jenny	09:55 - 10:50 <i>Rückenfit</i> Simone	12:15 - 13:10 <i>Pump Workout</i> Simone	17:00 - 17:55 <i>Yoga</i> Jenny
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Samedi , 20.01

09:15 - 10:10 <i>Pilates</i> Veronika	10:30 - 11:25 <i>Cycling</i> Barbara
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Dimanche , 21.01

10:00 - 10:55 <i>Zumba</i> Deniz	11:15 - 12:10 <i>Cycling</i> Simone
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