

Lundi , 25.03

09:00 - 09:55 <i>Zumba</i> Deniz	10:10 - 11:05 <i>Stretching</i> Veronika	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 , 26.03

08:30 - 09:25 <i>Pilates</i> Veronika	09:40 - 10:35 <i>Fit ab 60</i> Veronika	12:15 - 13:10 <i>Cycling</i> Simone	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Veronika	19:10 - 20:05 <i>BodyART</i> Veronika
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Mercredi , 27.03

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> Susanne
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Jeudi , 28.03

09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	10:20 - 11:15 <i>Cycling</i> Simone	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> Simone
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Vendredi , 29.03

10:00 - 10:55 <i>P.I.I.T Special</i> Team
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Samedi , 30.03

10:30 - 11:25 <i>Cycling</i> Petra

Dimanche , 31.03

10:00 - 11:30 <i>Zumba</i> Nicholay
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