

Lundi , 20.05

Mardi , 21.05

08:30 - 09:25

Pilates
Susanne

09:40 - 10:35

Fit ab 60
Susanne

12:15 - 13:10

Cycling
Simone

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Veronika

19:10 - 20:05

BodyART
Veronika

Mercredi , 22.05

08:20 - 08:50

Simply Core
Isabel

09:00 - 09:55

Pump Workout
Jenny

10:10 - 11:05

Sicher gehen
Brigitte

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Daniela

18:00 - 18:55

Pump Workout
Simone

19:10 - 20:05

Pilates
Veronika

Jeudi , 23.05

08:10 - 09:05

BodyART International
Veronika

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

10:20 - 11:15

Cycling
Barbara

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Simone

19:10 - 20:05

Cycling
Manuel

Vendredi , 24.05

08:45 - 09:40

Pump Workout
Jenny

09:55 - 10:50

Rückenfit
Simone

12:15 - 13:10

Pump Workout
Saskia

17:00 - 17:55

Yoga
Jenny

Samedi , 25.05

Dimanche , 26.05

10:00 - 10:55

Zumba
Nicholay

11:15 - 12:10

Cycling
Petra