

Lundi , 02.12

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| 09:00 - 09:55 Zumba Deniz | 10:10 - 11:05 Stretching Veronika | 12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte | 18:00 - 18:30 Core Training Luana | 18:35 - 19:30 Functional Workout Luana |
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Mardi , 03.12

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| 08:30 - 09:25 Pilates Veronika | 09:40 - 10:35 Fit ab 60 Veronika | 12:15 - 13:10 Cycling Carlo | 18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika | 19:10 - 20:05 BodyART Veronika |
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Mercredi , 04.12

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| 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 Claudine | 19:10 - 20:05 Pilates Veronika |
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Jeudi , 05.12

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| 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 Anita | 19:10 - 20:05 Cycling Raymond |
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Vendredi , 06.12

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| 08:45 - 09:40 Pump Workout Jenny | 09:55 - 10:50 Rückenfit Susanne | 12:15 - 13:10 Pump Workout Saskia | 17:00 - 17:55 Yoga Jenny |
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Samedi , 07.12

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| 09:15 - 10:10 Pilates Veronika | 10:30 - 11:25 Cycling Barbara |
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Dimanche , 08.12

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| 10:00 - 10:55 Zumba Nicholay | 11:15 - 12:10 Cycling Caroline |
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