

Lundi , 17.03

08:00 - 08:55 <i>Spiralkraft</i> Monika	09:10 - 10:05 <i>Dance Step</i> Christina	09:15 - 09:45 <i>Senioren Cycling</i> Daniela	18:00 - 18:55 <i>Cycling</i> Ralph	18:00 - 18:55 <i>Pump</i> Sandra	19:00 - 19:55 <i>Kick Power</i> Irene	19:00 - 19:55 <i>Cycling</i> Ralph	20:10 - 21:05 <i>Pilates</i> Monika
------------------------------------------------------	--------------------------------------------------------	----------------------------------------------------------------	-------------------------------------------------	-----------------------------------------------	----------------------------------------------------	-------------------------------------------------	--------------------------------------------------

Mardi , 18.03

09:10 - 09:40 <i>P.I.I.T</i> Irene	09:40 - 10:10 <i>BBP Special</i> Irene	10:35 - 11:30 <i>Rückengym Physio</i> Agnes	18:00 - 18:55 <i>Spiralkraft</i> Monika	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	20:00 - 20:55 <i>Zumba</i> Angela
-------------------------------------------------	-----------------------------------------------------	----------------------------------------------------------	------------------------------------------------------	------------------------------------------------------------------------------------	------------------------------------------------

Mercredi , 19.03

09:10 - 10:05 <i>Zumba</i> Miriam	10:10 - 11:05 <i>Pilates</i> Vasiliki	18:00 - 18:55 <i>Fitboxe</i> Irene	19:00 - 19:55 <i>Pump</i> Irene	20:10 - 21:05 <i>Yoga</i> Tatjana
------------------------------------------------	----------------------------------------------------	-------------------------------------------------	----------------------------------------------	------------------------------------------------

Jeudi , 20.03

09:10 - 10:05 <i>Pump</i> Claudia	10:20 - 11:15 <i>Spiralkraft</i> Monika	18:00 - 18:55 <i>Rückengym Physio</i> Miriam	18:00 - 18:55 <i>Cycling</i> Mona	19:10 - 20:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Mona	20:10 - 21:05 <i>Pilates</i> Monika
------------------------------------------------	------------------------------------------------------	-----------------------------------------------------------	------------------------------------------------	----------------------------------------------------------------------------------	--------------------------------------------------

Vendredi , 21.03

09:15 - 10:10 <i>Yoga</i> Tatjana	10:15 - 11:10 <i>Dance Step</i> Margarita	18:10 - 19:05 <i>Zumba</i> Vanessa	19:15 - 20:10 <i>Yoga</i> Sabin
------------------------------------------------	--------------------------------------------------------	-------------------------------------------------	----------------------------------------------

Samedi , 22.03

Dimanche , 23.03

09:00 - 09:55 <i>Cycling</i> Nicola	10:00 - 10:55 <i>Zumba</i> Melani
--------------------------------------------------	------------------------------------------------