

Montag , 27.03

09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:15 <i>Physio Fit</i> Marie	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Yoga</i> Bärbel	18:00 - 18:55 <i>Functional Workout</i> Lorna
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Dienstag , 28.03

12:15 - 13:00 <i>Cycling</i> Roberto	17:30 - 18:25 <i>Functional Workout</i> Marie	18:00 - 18:55 <i>Cycling</i> Petra	19:15 - 20:10 <i>Pilates</i> Team
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Mittwoch , 29.03

09:10 - 10:05 <i>Yoga</i> Team	10:30 - 11:15 <i>Physio Fit</i> Marie	12:15 - 13:00 <i>Pump</i> Bärbel	18:00 - 18:55 <i>Full Body Workout</i> Raphael
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Donnerstag , 30.03

12:15 - 13:00 <i>TRX</i> Marie	18:00 - 18:45 <i>Core Training</i> Ivan Arturo
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Freitag , 31.03

09:15 - 10:10 <i>Yoga</i> Xi	10:00 - 10:45 <i>Gym Senior</i> Petra	12:15 - 13:00 <i>Pump</i> Nicolle	18:00 - 18:55 <i>Functional Workout</i> Ivan Arturo
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Samstag , 01.04

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Full Body Workout</i> Lorna	10:45 - 11:40 <i>Yoga</i> Xi
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Sonntag , 02.04

09:30 - 10:25 <i>Cycling</i> Petra	10:45 - 11:40 <i>Pump</i> Jacqueline
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