

Montag , 29.01

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Raphael	18:00 - 18:55 Functional Workout Lorna	18:00 - 18:55 Yoga Regine	19:00 - 19:55 Herzgruppe Fabienne
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Dienstag , 30.01

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Roberto	14:00 - 14:55 Herzgruppe Andrea	18:00 - 18:55 Cycling Kathrin	19:00 - 19:55 TRX Jerom	19:15 - 19:55 Pilates Cynthia
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Mittwoch , 31.01

09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Bärbel	18:00 - 18:55 Functional Workout Raphael
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Donnerstag , 01.02

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX David	14:00 - 14:55 Herzgruppe Andrea
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Freitag , 02.02

10:00 - 10:45 Fit Gym Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Jerom
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Samstag , 03.02

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Functional Workout Jacqueline	10:45 - 11:40 Yoga Pia
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Sonntag , 04.02

09:30 - 10:25 Cycling Peter	10:45 - 11:40 Pump Jacqueline
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