

Montag , 11.11

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Physio Fit
Team

12:15 - 13:00

*BBP (Bauch,
Beine, Po) /
Bodytone*
Petra

18:00 - 18:55

Yoga
Regine

18:00 - 18:55

Functional Workout
Fabienne

19:00 - 19:55

Herzgruppe
Fabienne

Dienstag , 12.11

12:15 - 13:00

Cycling
Petra

18:00 - 18:55

Cycling
Kathrin

19:15 - 20:10

Pilates
Ines

Mittwoch , 13.11

09:10 - 10:05

Yoga
Laura

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

19:00 - 19:55

Functional Workout
Raphael

Donnerstag , 14.11

12:15 - 13:00

TRX
Emanuele

Freitag , 15.11

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samstag , 16.11

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Fabienne

10:45 - 11:40

Yoga
Olga

Sonntag , 17.11

09:30 - 10:25

Cycling
Manuel

10:45 - 11:40

Pump
Bärbel