

Montag , 02.12

09:30 - 10:25 <i>Pilates</i> Caroline	17:30 - 18:00 <i>Les Mills Grit</i> Anna	18:15 - 19:10 <i>Cycling</i> Rene	18:15 - 19:10 <i>Faszien-Training</i> Erich	19:30 - 20:30 <i>Les Mills Bodypump</i> Nicole
--	---	--	--	---

Dienstag , 03.12

09:15 - 10:15 <i>Les Mills Bodypump</i> Barbara	12:05 - 13:05 <i>Les Mills Bodypump</i> Tatiana	17:45 - 18:15 <i>Les Mills CORE</i> Melanie	18:20 - 19:15 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Melanie
--	--	--	---

Mittwoch , 04.12

09:30 - 10:25 <i>Pilates</i> Caroline	12:05 - 12:35 <i>Les Mills CORE</i> Sonja	12:35 - 13:05 <i>Les Mills Grit</i> Sonja	18:30 - 19:30 <i>Les Mills Bodypump</i> Eszter	19:45 - 20:40 <i>Pilates</i> Bettina
--	--	--	---	---

Donnerstag , 05.12

12:05 - 13:00 <i>Pilates</i> Sonja	18:15 - 19:10 <i>Cycling</i> Rene	18:30 - 19:30 <i>Martial Art Fit</i> Dirk	19:40 - 20:35 <i>Faszien Yoga</i> Sonja
---	--	--	--

Freitag , 06.12

09:00 - 09:55 <i>Faszien-Training</i> Carole	12:05 - 13:05 <i>Les Mills Bodypump</i> Eszter
---	---

Samstag , 07.12

09:30 - 10:30 <i>Les Mills Bodypump</i> Monika

Sonntag , 08.12

10:00 - 11:00 <i>Les Mills Bodypump</i> Eszter
