

Montag , 02.10

09:00 - 10:00 <i>Zumba</i> Pilar	10:10 - 11:10 <i>Stretching</i> Veronika	12:15 - 13:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	18:00 - 18:30 <i>Core Training</i> Simone	18:30 - 19:30 <i>Boost Workout</i> Simone
---	---	--	--	--

Dienstag , 03.10

08:30 - 09:30 <i>Pilates</i> Veronika	09:40 - 10:40 <i>Fit ab 60</i> Veronika	12:15 - 13:15 <i>Cycling</i> Carlo	18:00 - 19:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Veronika	19:10 - 20:10 <i>BodyART</i> Veronika
--	--	---	--	--

Mittwoch , 04.10

08:20 - 08:50 <i>Core Training</i> Jenny	09:00 - 10:00 <i>Pump i.t.</i> Jenny	10:10 - 11:10 <i>Sicher gehen</i> Brigitte	12:15 - 13:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jenny	18:00 - 19:00 <i>Pump i.t.</i> Simone	19:10 - 20:10 <i>Pilates</i> Olga
---	---	---	---	--	--

Donnerstag , 05.10

08:10 - 09:00 <i>BodyART International</i> Veronika	09:10 - 10:10 <i>Circuit Training</i> Brigitte	10:20 - 11:20 <i>Cycling</i> Claudine	18:00 - 19:00 <i>TRX</i> Simone	19:10 - 20:10 <i>Cycling</i> Simone
--	---	--	--	--

Freitag , 06.10

08:45 - 09:45 <i>Pump i.t.</i> Jenny	09:55 - 10:55 <i>Rückenfit</i> Simone	12:15 - 13:15 <i>Pump i.t.</i> Simone	17:00 - 18:00 <i>Yoga</i> Jenny
---	--	--	--

Samstag , 07.10

09:15 - 10:15 <i>Pilates</i> Veronika	10:30 - 11:30 <i>Cycling</i> Simone
--	--

Sonntag , 08.10

10:00 - 11:00 <i>Zumba</i> Nicholay	11:15 - 12:15 <i>Cycling</i> Simone
--	--