

Montag , 27.11

09:00 - 10:00 <i>Zumba</i> Deniz	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>Functional Workout</i> Simone
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Dienstag , 28.11

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
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Mittwoch , 29.11

08:20 - 08:50 <i>Core Training</i> Jenny	09:00 - 10:00 <i>Pump Workout</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 Workout</i> Simone	19:10 - 20:10 <i>Pilates</i> Veronika
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Donnerstag , 30.11

08:10 - 09:00 <i>BodyART International</i> Veronika	09:10 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	10:20 - 11:20 <i>Cycling</i> Carlo	12:15 - 12:45 <i>P.I.I.T</i> Daniela	18:00 - 19:00 <i>TRX</i> Simone	19:10 - 20:10 <i>Cycling</i> Simone
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Freitag , 01.12

08:45 - 09:45 <i>Pump Workout</i> Jenny	09:55 - 10:55 <i>Rückenfit</i> Simone	12:15 - 13:15 <i>Pump Workout</i> Simone	17:00 - 18:00 <i>Yoga</i> Jenny
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Samstag , 02.12

09:15 - 10:15 <i>Pilates</i> Veronika	10:30 - 11:30 <i>Cycling</i> Saskia
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Sonntag , 03.12