

Montag , 18.12

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

Dienstag , 19.12

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

Mittwoch , 20.12

08:20 - 08:50 Core Training Veronika	09:00 - 10:00 Pump Workout Jenny	10:10 - 11:10 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:00 - 19:00 Pump Workout Simone	19:10 - 20:10 Pilates Cynthia
---	---	--	---	--	--

Donnerstag , 21.12

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

Freitag , 22.12

08:45 - 09:45 Pump Workout Jenny	09:55 - 10:55 Rückenfit Simone	12:15 - 13:15 Pump Workout Simone	17:00 - 18:00 Yoga Jenny
---	---	--	---------------------------------------

Samstag , 23.12

09:15 - 10:15 Pilates Cynthia	10:30 - 11:30 Cycling Barbara
--	--

Sonntag , 24.12

10:00 - 11:00 Zumba Nicholay	11:15 - 12:15 Cycling Simone
---	---