

Montag , 25.03

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Veronika

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

18:00 - 18:30

Core Training
Simone

18:35 - 19:30

Functional Workout
Simone

Dienstag , 26.03

08:30 - 09:25

Pilates
Veronika

09:40 - 10:35

Fit ab 60
Veronika

12:15 - 13:10

Cycling
Simone

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Veronika

19:10 - 20:05

BodyART
Veronika

Mittwoch , 27.03

08:20 - 08:50

Simply Core
Isabel

09:00 - 09:55

Pump Workout
Jenny

10:10 - 11:05

Sicher gehen
Brigitte

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Daniela

18:00 - 18:55

Pump Workout
Simone

19:10 - 20:05

Pilates
Susanne

Donnerstag , 28.03

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

10:20 - 11:15

Cycling
Simone

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Simone

19:10 - 20:05

Cycling
Simone

Freitag , 29.03

10:00 - 10:55

P.I.I.T Special
Team

Samstag , 30.03

10:30 - 11:25

Cycling
Petra

Sonntag , 31.03

10:00 - 11:30

Zumba
Nicholay