

Montag , 06.05

09:00 - 09:55 <i>Zumba</i> Deniz	10:10 - 11:05 <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	18:35 - 19:30 <i>Functional Workout</i> Simone
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Dienstag , 07.05

08:30 - 09:25 <i>Pilates</i> Veronika	09:40 - 10:35 <i>Fit ab 60</i> Veronika	12:15 - 13:10 <i>Cycling</i> Carlo	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Veronika	19:10 - 20:05 <i>BodyART</i> Veronika
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Mittwoch , 08.05

08:20 - 08:50 <i>Simply Core</i> Isabel	09:00 - 09:55 <i>Pump Workout</i> Jenny	10:10 - 11:05 <i>Sicher gehen</i> Brigitte	12:15 - 13:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Bianca	18:00 - 18:55 <i>Pump Workout</i> Simone	19:10 - 20:05 <i>Pilates</i> Veronika
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Donnerstag , 09.05

09:30 - 10:25 <i>Pump meets surprise</i> Isabel
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Freitag , 10.05

08:45 - 09:40 <i>Pump Workout</i> Jenny	09:55 - 10:50 <i>Rückenfit</i> Simone	12:15 - 13:10 <i>Pump Workout</i> Simone	17:00 - 17:55 <i>Yoga</i> Jenny
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Samstag , 11.05

09:15 - 10:10 <i>Pilates</i> Veronika	10:30 - 11:25 <i>Cycling</i> Sandra
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Sonntag , 12.05

10:00 - 10:55 <i>Zumba</i> Nicholay	11:15 - 12:10 <i>Cycling</i> Team
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