

Montag , 02.09

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
--	--	--	---	--

Dienstag , 03.09

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

Mittwoch , 04.09

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 Isabelle
---	---	--	--	--	---

Donnerstag , 05.09

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Carlo	12:15 - 12:45 P.I.I.T Daniela	18:00 - 18:55 TRX Anita	19:10 - 20:05 Cycling Manuel
--	---	--	--	--------------------------------------	---

Freitag , 06.09

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Cynthia	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Jenny
---	--	--	---------------------------------------

Samstag , 07.09

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Saskia
---	---

Sonntag , 08.09

10:00 - 10:55 Zumba Nicholay	11:15 - 12:10 Cycling Raymond
---	--