

Montag , 23.09

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 Isabel	18:35 - 19:30 Functional Workout Isabel
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Dienstag , 24.09

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Saskia	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mittwoch , 25.09

08:20 - 08:50 Simply Core Isabel	09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Susanne	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Full Body Workout Cynthia	19:10 - 20:05 Pilates Veronika
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Donnerstag , 26.09

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Susanne	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Daniela	18:00 - 18:55 TRX Anita	19:10 - 20:05 Cycling Manuel
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Freitag , 27.09

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Susanne	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Jenny
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Samstag , 28.09

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Barbara
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Sonntag , 29.09

10:00 - 10:55 Zumba Catherine	11:15 - 12:10 Cycling Barbara
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