

Montag , 14.10

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
Luana

18:35 - 19:30

Functional Workout
Luana

Dienstag , 15.10

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 , 16.10

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

19:10 - 20:05

Pilates
Veronika

Donnerstag , 17.10

08:10 - 09:05

BodyART
International
Veronika

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

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

Freitag , 18.10

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

Samstag , 19.10

09:15 - 10:10

Pilates
Veronika

10:30 - 11:25

Cycling
Saskia

Sonntag , 20.10

10:00 - 10:55

Zumba
Nicholay

11:15 - 12:10

Cycling
Barbara