

Montag , 03.03

09:00 - 10:00 Zumba Deniz	10:10 - 11:05 Stretching Bettina	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:00 - 18:30 Simply Core Simone	18:35 - 19:30 Functional Workout Simone
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Dienstag , 04.03

09:40 - 10:35 Fit ab 60 Bettina	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Jette	19:10 - 20:05 BodyART Bettina
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Mittwoch , 05.03

08:20 - 08:50 Simply Core Melanie	09:00 - 09:55 Muscle Work Jenny	10:10 - 11:05 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Bianca	18:00 - 18:55 Pump Bianca	19:10 - 20:05 Pilates Isabelle
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Donnerstag , 06.03

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Bianca	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Simone
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Freitag , 07.03

08:45 - 09:40 Muscle Work Jenny	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Simone	17:00 - 17:55 Yoga Jenny
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Samstag , 08.03

09:15 - 10:10 Pilates Isabelle	10:30 - 11:25 Cycling Barbara
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Sonntag , 09.03

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