

Montag , 10.03

09:15 - 10:10 <i>Pilates</i> Astrid	18:15 - 18:45 <i>P.I.I.T</i> Claude	19:00 - 19:55 <i>Pump</i> Ramona	19:00 - 19:55 <i>Cycling</i> Sandra	20:05 - 21:00 <i>Rückenfit</i> Claudia
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Dienstag , 11.03

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	10:00 - 10:55 <i>Deep Stretch</i> Andrea	19:00 - 19:55 <i>Fitboxe</i> Arlette	20:00 - 20:55 <i>Power Yoga</i> Silvana
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Mittwoch , 12.03

08:30 - 09:25 <i>Pilates</i> Andrea	09:35 - 10:30 <i>Pump</i> Jasmin	18:30 - 19:25 <i>Pump</i> Sandy	19:00 - 20:30 <i>Cycling</i> Sandra
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Donnerstag , 13.03

09:00 - 09:55 <i>Zumba</i> Petra	10:00 - 10:55 <i>Yoga</i> Annemie	18:00 - 18:55 <i>Zumba</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Sandy	20:15 - 21:10 <i>Cycling</i> Yves
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Freitag , 14.03

08:30 - 09:25 <i>Yoga</i> Michaela	09:30 - 10:25 <i>Pump</i> Sandy	18:00 - 18:55 <i>Cycling Special</i> Yves	19:00 - 19:55 <i>Cycling Special</i> Antonietta	20:00 - 20:55 <i>Cycling Special</i> Yves
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Samstag , 15.03

Sonntag , 16.03