

Montag , 14.04

09:15 - 10:10

Pilates
Astrid

18:15 - 18:45

P.I.I.T
Claude

19:00 - 19:55

Pump
Monika

19:00 - 19:55

Cycling
Yves

20:05 - 21:00

Rückenfit
Claudia

Dienstag , 15.04

09:00 - 09:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Nadine

10:00 - 10:55

Deep Stretch
Vesna

19:00 - 19:55

Fitboxe
Arlette

20:00 - 20:55

Power Yoga
Silvana

Mittwoch , 16.04

08:30 - 09:25

Pilates
Cinzia

09:35 - 10:30

Pump
Jasmin

18:30 - 19:25

Pump
Sandy

19:00 - 19:55

Cycling
Agostino

Donnerstag , 17.04

09:00 - 09:55

Zumba
Petra

10:00 - 10:55

Yoga
Nevin

18:00 - 18:55

Zumba
Petra

19:05 - 20:00

Fitboxe
Sandy

20:15 - 21:10

Cycling
Antonietta

Freitag , 18.04

Samstag , 19.04

Sonntag , 20.04

10:00 - 10:55

Pump Special
Sandy