

Montag , 07.10

09:05 - 10:00 <i>Pump</i> Ajla	10:10 - 10:55 <i>Yoga</i> Ajla	18:00 - 18:55 <i>Pump</i> Veronica	19:15 - 20:10 <i>Fitboxe</i> Arlette
---	---	---	---

Dienstag , 08.10

09:05 - 10:00 <i>Rückengymnastik</i> Liz	18:00 - 18:55 <i>Zumba</i> Diana	19:05 - 20:00 <i>Power Yoga</i> Liliya
---	---	---

Mittwoch , 09.10

09:05 - 10:00 <i>Pump</i> Ajla	10:30 - 11:25 <i>Spiralkraft</i> Monika	18:15 - 19:10 <i>Pump</i> Veronica
---	--	---

Donnerstag , 10.10

09:05 - 10:00 <i>Pilates</i> Vasiliki	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	19:00 - 19:55 <i>Fitboxe</i> Sandy
--	--	---

Freitag , 11.10

09:05 - 10:00 <i>Zumba</i> Miriam
--

Samstag , 12.10

Sonntag , 13.10

09:00 - 09:55 <i>Pump</i> Sandra	10:10 - 11:05 <i>Pilates</i> Sandra
---	--