

Montag , 21.10

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

Dienstag , 22.10

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

Mittwoch , 23.10

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

Donnerstag , 24.10

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

Freitag , 25.10

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

Samstag , 26.10

Sonntag , 27.10

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