

Montag , 04.08

09:05 - 10:00 <i>Pump</i> Ajla	10:10 - 10:55 <i>Yoga</i> Ajla	18:00 - 18:55 <i>Muscle Work</i> Katja	19:05 - 20:00 <i>Fitboxe</i> Nicole
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Dienstag , 05.08

09:05 - 10:00 <i>Rückengymnastik</i> Liz	18:00 - 18:55 <i>Zumba</i> Melani	19:05 - 20:00 <i>Power Yoga</i> Nina
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Mittwoch , 06.08

09:05 - 10:00 <i>Pump</i> Ajla	10:30 - 11:25 <i>Spiralkraft</i> Monika	18:15 - 19:10 <i>Pump</i> Veronica	19:20 - 20:15 <i>Pilates</i> Valentina
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Donnerstag , 07.08

09:05 - 10:00 <i>Pilates</i> Nicola	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Selina	19:05 - 20:00 <i>Yoga</i> Sabin
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Freitag , 08.08

09:05 - 10:00 <i>Zumba</i> Miriam
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Samstag , 09.08

Sonntag , 10.08