

Montag , 07.10

09:10 - 10:05

Zumba
Catherine

10:10 - 11:05

Fitboxe
Angelika

18:00 - 18:55

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

Dienstag , 08.10

18:00 - 18:55

Functional Workout
André

19:00 - 19:55

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

Mittwoch , 09.10

09:10 - 10:05

Kick Power
Sally

10:10 - 11:05

Pump
Sally

19:00 - 19:55

Zumba
Catherine

Donnerstag , 10.10

09:00 - 09:55

Power Yoga
Bettina

10:00 - 10:55

Pilates
Brigitte

18:00 - 18:55

Step'n Tone
Jette

19:00 - 19:55

Functional Workout
André

Freitag , 11.10

09:10 - 10:05

Zumba
Deniz

10:10 - 11:05

Step'n Tone
Brigitte

Samstag , 12.10

Sonntag , 13.10