

Montag , 16.10

09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Arlette	18:05 - 19:00 <i>Pilates</i> Astrid	19:15 - 20:10 <i>Zumba</i> Uriel	20:25 - 21:20 <i>Pump</i> Ursi
---	--	---	---

Dienstag , 17.10

09:10 - 10:05 <i>Pump</i> Ursi	10:15 - 11:10 <i>Cycling</i> Antonietta	18:00 - 18:30 <i>P.I.I.T</i> Sara	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Katalin	20:05 - 21:00 <i>Fitboxe</i> Marina
---	--	--	---	--

Mittwoch , 18.10

08:30 - 09:25 <i>Cycling</i> Brigitta	09:35 - 10:30 <i>Rückenfit</i> Claudia	17:50 - 18:45 <i>Powerstep</i> Petra	19:00 - 19:55 <i>Pump</i> Ursi	20:05 - 21:00 <i>Yoga</i> Nevin
--	---	---	---	--

Donnerstag , 19.10

09:30 - 10:25 <i>Zumba</i> Petra	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	19:00 - 19:55 <i>Fitboxe</i> Karin
---	--	---

Freitag , 20.10

08:30 - 09:25 <i>Over 50</i> Silvana	09:35 - 10:30 <i>Pilates</i> Silvana	12:15 - 12:45 <i>P.I.I.T</i> Claude	17:50 - 18:45 <i>Zumba</i> Petra
---	---	--	---

Samstag , 21.10

09:30 - 10:25 <i>Yoga</i> Nevin
--

Sonntag , 22.10

10:30 - 11:25 <i>Pump</i> Kurt
