

Montag , 24.10

09:00 - 09:55 <i>Yoga</i> Elissa	10:10 - 11:05 <i>Pump</i> Graziella	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Dienstag , 25.10

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	10:10 - 11:05 <i>Rückenfit</i> Isabel	18:00 - 18:55 <i>TRX</i> Jady	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jady
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Mittwoch , 26.10

09:00 - 09:55 <i>Zumba</i> Sibylle	10:10 - 11:05 <i>Cycling</i> Carlo	18:00 - 18:55 <i>Pump</i> Graziella
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Donnerstag , 27.10

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	10:10 - 11:05 <i>Yoga</i> Isabel	18:30 - 19:25 <i>Power Yoga</i> Neira
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Freitag , 28.10

09:00 - 09:55 <i>TRX</i> Graziella	10:10 - 11:05 <i>Rückenfit</i> Isabel
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Samstag , 29.10

10:00 - 10:55 <i>Zumba</i> Silvio	11:10 - 12:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Sonntag , 30.10

10:00 - 10:55 <i>Cycling</i> Barbara
