

Montag , 21.08

09:00 - 09:55 <i>Yoga</i> Theresa	10:05 - 11:00 <i>Upcon</i> Melanie	19:00 - 19:55 <i>Pump</i> Graziella
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Dienstag , 22.08

10:10 - 11:05 <i>Rückenfit</i> Isabel	18:00 - 18:55 <i>TRX</i> Graziella
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Mittwoch , 23.08

09:00 - 09:55 <i>Zumba</i> Sibylle	10:10 - 11:05 <i>Cycling</i> Carlo	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jette
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Donnerstag , 24.08

10:10 - 11:05 <i>Yoga</i> Isabel	18:00 - 18:55 <i>Power Yoga</i> Neira	19:00 - 19:55 <i>Cycling</i> Barbara
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Freitag , 25.08

08:50 - 09:20 <i>P.I.I.T</i> Melanie	09:30 - 10:00 <i>Simply Core</i> Melanie	10:10 - 11:05 <i>Rückenfit</i> Isabel
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Samstag , 26.08

10:00 - 10:55 <i>Zumba</i> Pilar	11:10 - 12:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Saskia
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Sonntag , 27.08

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