

Montag , 20.11

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

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

Dienstag , 21.11

09:00 - 09:55

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

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Anita

19:00 - 19:55

Pump
Franziska

Mittwoch , 22.11

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

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

Donnerstag , 23.11

09:00 - 09:55

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

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Neira

Freitag , 24.11

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samstag , 25.11

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Sonntag , 26.11

10:00 - 10:55

Cycling
Manuel