

Montag , 04.12

09:00 - 09:55 <i>Yoga</i> Laura	10:05 - 11:00 <i>Upcon</i> Melanie	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Dienstag , 05.12

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> Graziella	19:00 - 19:55 <i>Pump</i> Graziella
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Mittwoch , 06.12

09:00 - 09:55 <i>Zumba</i> Sibylle	19:00 - 19:55 <i>Cycling</i> Laura
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Donnerstag , 07.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	10:10 - 11:05 <i>Yoga</i> Isabel	18:00 - 18:55 <i>Power Yoga</i> Neira
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Freitag , 08.12

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 , 09.12

10:00 - 10:55 <i>Zumba</i> Deniz	11:10 - 12:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Sonntag , 10.12

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