

Montag , 26.08

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dienstag , 27.08

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Graziella

Mittwoch , 28.08

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

19:05 - 20:00

Cycling
Barbara

Donnerstag , 29.08

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

TRX
Melanie

19:05 - 20:00

Power Yoga
Elissa

Freitag , 30.08

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samstag , 31.08

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Sonntag , 01.09

09:30 - 10:25

Cycling
Barbara

10:40 - 11:35

Dance Aerobic / Dance Mix
Ariane