

Montag , 28.10

09:00 - 09:55 Yoga Laura	10:05 - 11:00 Upcon Melanie	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Dienstag , 29.10

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Rückenfit Isabel	18:30 - 19:25 Pump Graziella
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Mittwoch , 30.10

09:00 - 09:55 Zumba Deniz	18:00 - 18:55 Step'n Tone Graziella	19:05 - 20:00 Cycling Barbara
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Donnerstag , 31.10

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Yoga Isabel	18:00 - 18:55 TRX Graziella	19:05 - 20:00 Power Yoga Elissa
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Freitag , 01.11

08:50 - 09:20 P.I.I.T Melanie	09:30 - 10:00 Simply Core Melanie	10:10 - 11:05 Rückenfit Isabel	17:00 - 17:55 Cycling Special Barbara	18:00 - 18:55 Cycling Special Manuel	19:00 - 19:55 Cycling Special Caroline
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Samstag , 02.11

10:00 - 10:55 Zumba Deniz	11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Sonntag , 03.11

09:30 - 10:25 Cycling Sandra	10:35 - 11:25 BBP (Bauch, Beine, Po) / Bodytone Graziella
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