

Montag , 02.12

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

Dienstag , 03.12

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

Mittwoch , 04.12

| | | | |
|--|--|--|--|
| 09:00 - 09:55 Zumba Sibylle | 10:10 - 11:05 Cycling Carlo | 18:00 - 18:55 Step'n Tone Graziella | 19:05 - 20:00 Cycling Barbara |
|--|--|--|--|

Donnerstag , 05.12

| | | | |
|--|--|--|--|
| 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 |
|--|--|--|--|

Freitag , 06.12

| | | |
|--|--|---|
| 08:50 - 09:20 P.I.I.T Melanie | 09:30 - 10:00 Simply Core Melanie | 10:10 - 11:05 Rückenfit Isabel |
|--|--|---|

Samstag , 07.12

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

Sonntag , 08.12

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