

Montag , 14.04

10:05 - 11:00

Upcon
Luc

18:00 - 18:55

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

19:10 - 20:05

TRX
Graziella

Dienstag , 15.04

09:00 - 09:55

Interval Training
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Petra

Mittwoch , 16.04

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

Step'n Tone
Graziella

19:05 - 20:00

Cycling
Oline

Donnerstag , 17.04

09:00 - 09:55

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

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Muscle Work
Graziella

19:05 - 20:00

Power Yoga
Elissa

Freitag , 18.04

Samstag , 19.04

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Sonntag , 20.04