

Montag , 21.04

Dienstag , 22.04

09:00 - 09:55

Interval Training
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Petra

Mittwoch , 23.04

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
Barbara

Donnerstag , 24.04

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 , 25.04

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

Cycling
Oline

Samstag , 26.04

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) / Bodytone
Ariane

Sonntag , 27.04

09:30 - 10:25

Cycling
Sandra

10:35 - 11:30

Muscle Work
Graziella