

Montag , 14.04

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Sabrina

Dienstag , 15.04

09:10 - 10:05

Rückenfit
Isabelle

18:00 - 18:30

P.I.I.T
Daniela

18:35 - 19:30

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

Mittwoch , 16.04

09:10 - 10:05

Yoga
Fabienne

18:10 - 18:40

Simply Core
Petra

18:45 - 19:30

Fitboxe
Doris

19:35 - 20:30

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

Donnerstag , 17.04

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Petra

Freitag , 18.04

Samstag , 19.04

09:00 - 09:55

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

10:05 - 11:00

Upcon
Daniela

Sonntag , 20.04

10:00 - 10:55

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