

Montag , 30.09

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| 08:00 - 08:55 Yoga Andrea | 09:05 - 09:30 P.I.I.T Laura | 09:35 - 10:30 Pump Laura | 18:00 - 18:55 Pump Manuela | 19:00 - 19:55 BBP (Bauch, Beine, Po) / Bodytone Annina | 20:00 - 20:55 Yoga Nadine |
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Dienstag , 01.10

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| 09:30 - 10:25 Zumba Sabina | 18:00 - 18:55 Pump Manuela | 19:00 - 19:55 Zumba Sabina | 20:15 - 21:10 Yoga Beatrice |
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Mittwoch , 02.10

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| 08:45 - 09:10 Simply Core Fabienne | 09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Fabienne | 12:15 - 13:10 Pump Manuela | 18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Laura | 19:00 - 19:55 Pilates Laura | 20:05 - 21:00 Zumba Sabina |
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Donnerstag , 03.10

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| 09:30 - 10:25 Yoga Alexandra | 18:00 - 18:30 P.I.I.T Laura | 18:30 - 18:55 Simply Core Laura | 19:10 - 20:05 Pump Laura |
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Freitag , 04.10

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| 09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Laura | 10:15 - 10:45 Simply Core Laura | 12:15 - 13:10 Pump Manuela |
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Samstag , 05.10

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| 09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Annina |
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Sonntag , 06.10

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| 09:00 - 09:55 Pump Laura | 10:00 - 10:30 Simply Core Laura |
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