

Montag , 20.03

08:30 - 09:25

Yoga
Michaela

09:30 - 10:25

Pump
Vasiliki

19:00 - 19:55

Fitboxe
Arlette

20:05 - 21:00

Power Yoga
Liliya

Dienstag , 21.03

09:10 - 10:05

Pump
Monika

10:10 - 11:05

Pilates
Sarah

12:15 - 12:45

P.I.I.T
Monika

18:15 - 19:10

Pump
Jasmin

19:15 - 20:10

*Dance Aerobic /
Dance Mix*
Monika

Mittwoch , 22.03

08:30 - 09:25

Zumba
Petra

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Alina

Donnerstag , 23.03

09:10 - 10:05

Rückengymnastik
Olivia

12:15 - 12:45

P.I.I.T
Janina

18:00 - 18:55

Pump
Monika

19:05 - 20:00

Fighttime 55'
Arlette

Freitag , 24.03

09:05 - 10:00

Yoga
Lisa

10:15 - 11:10

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

Samstag , 25.03

09:00 - 09:55

Yoga
Annemie

10:15 - 11:10

Fitboxe
Alina

Sonntag , 26.03

09:20 - 10:15

Zumba
Marion

10:30 - 11:25

Pump
Monika