

Montag , 27.11

09:00 - 09:55

Pump
Adriana

19:00 - 19:55

Fitboxe
Sandy

20:15 - 21:10

Power Yoga
Liliya

Dienstag , 28.11

09:00 - 09:55

Pump
Monika

10:10 - 11:05

Pilates
Sarah

12:15 - 12:45

P.I.I.T
Monika

18:15 - 19:10

Pump
Sarah

19:15 - 20:10

Dance Step
Christina

Mittwoch , 29.11

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Alina

Donnerstag , 30.11

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

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

Freitag , 01.12

10:15 - 11:10

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

Samstag , 02.12

09:00 - 09:55

Yoga
Michaela

10:15 - 11:10

Fitboxe
Sandy

Sonntag , 03.12

09:20 - 10:15

Zumba
Marion

10:30 - 11:25

Pump
Sarah