

Montag , 01.01

11:00 - 12:30

Fitboxe Special
Sandy

Dienstag , 02.01

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 , 03.01

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Sandy

Donnerstag , 04.01

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*
Nadine

Freitag , 05.01

09:05 - 10:00

Yoga
Lisa

10:15 - 11:10

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

Samstag , 06.01

09:00 - 09:55

Yoga
Lisa

10:15 - 11:10

Fitboxe
Sandy

Sonntag , 07.01

09:20 - 10:15

Zumba
Marion

10:30 - 11:25

Pump
Sarah