

Montag , 01.04

10:00 - 10:55

Circuit Training
Angelina

Dienstag , 02.04

09:00 - 09:55

Pilates
Brigitta

17:50 - 18:45

Rückenfit
Angelina

19:00 - 19:55

Zumba
Sabrina

20:10 - 21:05

Pump
Tamara

Mittwoch , 03.04

08:30 - 09:25

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

09:30 - 10:25

Yoga
Anya

18:00 - 18:55

Pilates
Francesca Serena

Donnerstag , 04.04

09:00 - 09:55

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

10:00 - 10:55

Pilates
Marlene

18:00 - 18:30

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

18:45 - 19:15

P.I.I.T
Mariella

Freitag , 05.04

10:00 - 10:55

Rückenfit
Martina

17:30 - 18:25

Pump
Tamara

Samstag , 06.04

09:30 - 10:00

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

10:15 - 11:10

Pilates
Francesca Serena

Sonntag , 07.04

09:15 - 10:10

Yoga
Jasmin

10:30 - 11:00

P.I.I.T
Sandra

11:15 - 12:10

Zumba
Mariella