

Montag , 14.10

08:00 - 08:55

Spiralkraft
Monika

09:10 - 10:05

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Ralph

18:00 - 18:55

Pump
Sandra

18:00 - 18:55

Cycling
Ralph

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Dienstag , 15.10

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

10:35 - 11:30

Rückengym Physio
Agnes

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:00 - 20:55

Zumba
Melani

Mittwoch , 16.10

09:10 - 10:05

Zumba
Melani

10:10 - 11:05

Pilates
Vasiliki

18:00 - 18:55

Fitboxe
Irene

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Tatjana

Donnerstag , 17.10

09:10 - 10:05

Pump
Irene

10:20 - 11:15

Spiralkraft
Monika

19:00 - 19:30

P.I.I.T
Vivienne

19:35 - 20:05

Simply Core
Vivienne

20:10 - 21:05

Pilates
Monika

Freitag , 18.10

09:15 - 10:10

Yoga
Tatjana

10:15 - 11:10

Dance Step
Margarita

19:15 - 20:10

Yoga
Nina

Samstag , 19.10

Sonntag , 20.10

10:00 - 10:55

Zumba
Angela