

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

09.30 - 10.15

Bodyworkout

10.00 - 11.00

Hatha-Yoga

08.00 - 09.00

Bodyfit

10.15 - 11.00

Pilates

18.15 - 18.45

Bauch intensiv

18.15 - 19.15

Pilates

18.00 - 19.00

Rückenfit BBP

19.00 - 19.45

Bodyshaping

19.15 - 20.00

Zumba

19.00 - 20.00

Functional

19.00 - 19.45

Body Balance

19.00 - 20.00

Hatha-Yoga

19.45 - 20.30

Body Balance

20.00 - 21.00

Strong - H.I.T.T.