

MONTAG

08:30
45 MIN

STEP AEROBIC

9:20
45 MIN

FIT MIT ANNI

10:10
45 MINLES MILLS
BODYPUMP

DIENSTAG

08:30
45 MIN

RÜCKENFIT

09:20
45 MINLES MILLS
BODYCOMBAT10:10
45 MINLES MILLS
PILATES

MITTWOCH

08:30
45 MINFUNCTIONAL
(HIIT)

DONNERSTAG

08:30
45 MIN

RÜCKENSTRETCH

09:20
45 MINLES MILLS
BODYCOMBAT10:10
45 MINLES MILLS
PILATES

FREITAG

08:30
45 MIN

STEP AEROBIC

09:20
45 MIN

RÜCKENFIT

10:10
45 MINLES MILLS
BODYPUMP

SAMSTAG

10:20
45 MINLES MILLS
PILATES11:10
45 MIN

BAUCH BURNER

12:00
45 MIN

WORKOUT

SONNTAG

09:30
45 MIN

RÜCKENFIT

10:20
45 MINLES MILLS
BODYCOMBAT11:10
45 MINLES MILLS
BODYPUMP12:00
45 MIN

WORKOUT

17:00
45 MINLES MILLS
BODYPUMP17:00
45 MIN

YOGABALANCE

17:50
45 MIN

BAUCH BURNER

17:50
45 MINLES MILLS
BODYCOMBAT18:40
45 MINFUNCTIONAL
(HIIT)18:40
45 MIN

STEP AEROBIC

19:30
45 MIN

WORKOUT

19:30
45 MINLES MILLS
PILATES17:00
45 MIN

BOXLETICS

17:50
45 MINLES MILLS
BODYCOMBAT18:40
45 MINFUNCTIONAL
(HIIT)19:30
45 MIN

WORKOUT

17:00
45 MINLES MILLS
PILATES17:50
45 MIN

YOGABALANCE

18:40
45 MIN

STEP AEROBIC

19:30
45 MINLES MILLS
BODYPUMP17:00
45 MIN

BOXLETICS

17:50
45 MIN

BAUCH BURNER

18:40
45 MINLES MILLS
PILATES