

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

09:00 - 09:45
Pilates

09:00 - 10:00
Functional Training

09:00 - 09:45
Indoor Cycling

09:45 - 10:00
Bauch



10:00 - 10:15
Bauch

10:15 - 11:00
Indoor Cycling

10:15 - 10:45
Rücken Fit

17:45 - 18:30
Rücken Fit

17:45 - 18:30
Rücken Fit

17:45 - 18:00
Bauch

18:30 - 18:45
Bauch

18:00 - 18:45
Bodystyling

18:30 - 18:45
Bauch

18:00 - 18:45
Pilates

18:45 - 19:30
Kickbox Aerobicg

18:45 - 19:00
Bauch

18:45 - 19:30
HIIT

19:30 - 20:15
Indoor Cycling

19:00 - 20:00
Yoga

