



vormittags / mittags

nachmittags / abends

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

9.30 - 10.15
workout
10.30 - 11.15
SOFT FITNESS

9.00 - 10.00
Rücken Vital

10.15 - 11.15
PILATES

17.00 - 17.50
JUMPING FITNESS
18.05 - 18.50
PILATES

17.00 - 18.00
IronCross

18.15 - 18.45
BBP

19.00 - 20.15
CYCLING

19.00 - 19.55
ZUMBA

20.05 - 21.20
YOGA

9.30 - 10.30
BBRP

11.00 - 12.00
FASZIEN WORKOUT

18.00 - 18.50
CYCLING

19.00 - 19.55
PILATES

20.05 - 21.05
JUMPING FITNESS

9.00 - 10.30
YOGA

10.45 - 11.45
YOGA II

18.00 - 18.30
BBP

18.30 - 19.30
ZUMBA

19.45 - 20.30
LANGHANTEL workout

9.00 - 9.45
workout
10.00 - 10.45
stretch&relax

17.30 - 18.30
FASZIEN WORKOUT

19.00 - 20.15
YOGA

10.00 - 11.00
BodyFit

11.15 - 12.15
SOFT FITNESS

12.30 - 13.30
JUMPING FITNESS

10.00 - 11.15
stretch&relax

11.30 - 12.15
BBP

12.30 - 13.30
ZUMBA

UNSERE ÖFFNUNGSZEITEN

Montag - Freitag
8 - 22 Uhr

Samstag / Sonntag
9 - 18 Uhr