

MO**DI****MI****DO****FR****SA****SO**

10.30
WIRBELSÄULEN
GYMNASTIK
Nancy  E-F

10.00 90 min
CHI-BALL
Monika  E-F

10.15
WIRBELSÄULEN
GYMNASTIK
Claudia  E-F

11.00
WORKOUT
Claudia  E-F

11.00 NEU
ZUMBA
Luis  E-F

12.00
WORKOUT
Luis  E-F

17.00 LESMILLS
LMI STEP
Laura  E-F

17.15 
CYCLING
Nancy M

17.30 LESMILLS
LMI STEP
Anna  E-F

16.30
STEP AEROBIC
Frank  M-F

18.00
WORKOUT
Anna  E-F

18.00
POWER BARS
Nezar  E-F

18.30
WORKOUT
Nancy  E-F

18.30 30 min
SLIDE
Katja  E-M

18.00 60 min
PILATES
Luis  E-F

18.00 
CYCLING
Nico M

19.00 30 min
SPECIAL BAUCH
Anna  E-F

19.00
STEP AEROBIC
Veit M

19.00 30 min
SPECIAL BAUCH
Claudia  E-F

19.45 
CYCLING POWER
Anna  E-F

19.30 LESMILLS

Linda  E-F

19.30
POWER BARS
Claudia  E-F

19.15 
CYCLING
Jens  E-M

20.00
WIRBELSÄULEN
GYMNASTIK
Veit  E-F

20.30 15 min
STRETCHING
Claudia

Demmeringstr. 49
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MSC II

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