



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

vormittags / mittags

9.30 - 10.30
workout
10.30 - 11.30
SOFT FITNESS

9.00 - 10.00
Rücken Vital
10.00 - 11.00
PILATES

9.30 - 10.30
BBRP
10.30 - 11.30
JUMPING LIGHT

9.00 - 10.30
YOGA

9.00 - 10.00
workout

10.00 - 10.45
stretch&relax

10.00 - 11.00
BodyFit

10.00 - 11.00
BBP

11.00 - 12.00
stretch&relax

nachmittags / abends

18.00 - 18.50
PILATES

17.30 - 18.00
LANGHANTEL express

18.00 - 19.00
STEP AEROBIC

19.00 - 20.15
CYCLING

19.15 - 20.30
POWER YOGA

18.00 - 18.50
CYCLING

19.00 - 20.00
PILATES

19.45 - 20.30
LANGHANTEL workout

18.00 - 19.00
YOGA

UNSERE ÖFFNUNGSZEITEN

Montag - Freitag
8 - 22 Uhr

Samstag / Sonntag
9 - 18 Uhr