

Montag

- Fit Mix 09:00 - 10:00
- Yoga 17:30 - 18:30
- BBP Special 18:30 - 19:30
- Dance-Fitness 19:30 - 20:30

Dienstag

- Indoor Cycling 09:00 - 10:00
- Push It 18:00 - 19:00
- Indoor Cycling 19:15 - 20:15

Mittwoch

- Rückenfit 09:00 - 10:00
- Kindertanz 16:30 - 17:30
- Rückenfit 17:30 - 18:30
- Power-Workout 18:30 - 19:30

Donnerstag

- Yoga 09:30 - 10:30
- Indoor Cycling 18:00 - 19:00
- Push It 19:05 - 20:05

Freitag

- Bauch Intensiv + Blackroll 16:45 - 17:45

Sonntag

- Indoor Cycling* 12:00 - 13:00