

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

2019 Wintersemester

Weekend Fit
 wechselnde ÜL
 10:30 - 11:25

deepWork®
 Eva-Maria
 17:00 - 17:55

Cardio & Workout
 Ari
 17:00 - 17:55

L.I. Cardio & Workout
 Mailin
 17:00 - 17:55

Core Workout
 Eva-Maria
 17:00 - 17:55

Power Fit
 Laura Pl.
 17:00 - 17:55

Cardio & Workout
 Stephan
 18:00 - 18:55

Cardio & Workout
 Judith
 18:00 - 18:55

HIIT 2 in 1
 Josi
 18:00 - 18:55

deepWork®
 Eva-Maria
 18:00 - 18:55

Body Workout
 Timon
 18:00 - 18:55

Cardio & Workout
 Newcomer
 18:00 - 18:55

Tae Bo®
 Sukie
 18:00 - 18:55

Cardio & Workout
 Bernadette
 18:00 - 18:55

Power Fit
 Ari
 18:00 - 18:55

Body Workout
 Anne
 18:30 - 19:25

Cardio & Workout
 Newcomer
 18:30 - 19:25

Cardio & Workout
 Bernadette
 18:00 - 18:55

Sonntag

Body Workout
 Lea
 19:00 - 19:55

Cardio Fit
 Katha
 19:00 - 19:55

Cardio & Workout
 Quynh
 19:00 - 19:55

Cardio Fit
 Wencke
 19:00 - 19:55

Core Workout
 Julia
 19:00 - 19:55

GF meets Yoga
 wechselnde ÜL
 10:00 - 10:55

Step'n Style
 Chrissi
 19:00 - 19:55

Core Workout
 Jan-H.
 19:30 - 20:25

Body Workout
 Timon
 19:00 - 19:55

Cardio & Workout
 Bernadette
 18:00 - 18:55

GF meets Indoor Cycling
 Alex
 10:30 - 11:45

HIIT 2in1
 Mailin
 20:00 - 20:55

Step
 Anna P.
 20:00 - 20:55

Body Workout
 Laura Pl.
 20:00 - 20:55

Weekend Fit
 Sonntags, wechselnde ÜL
 11:00 - 11:55