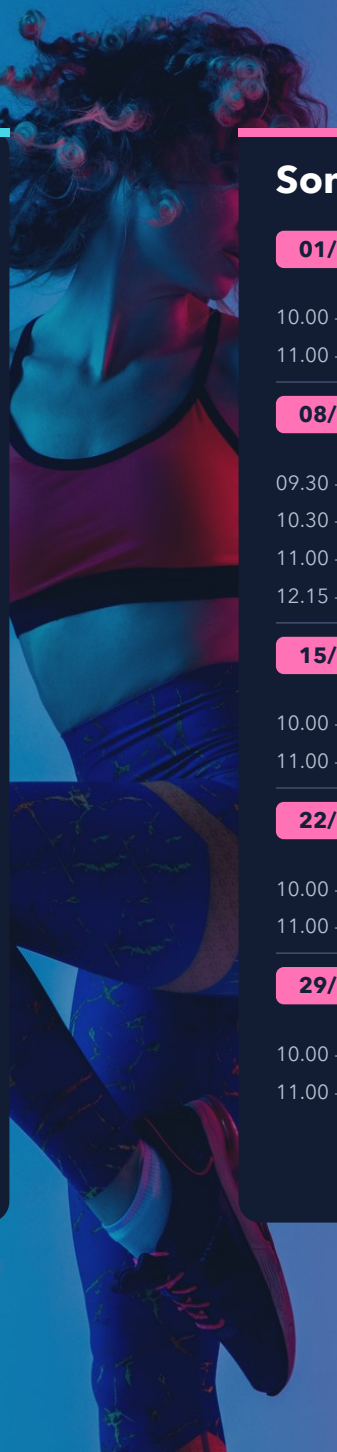
MONATSSPECIALS

NOVEMBER 2026



Samstag

07/11

09.15 - 10.15	**Männeryoga**	Maria
10.30 - 11.45	**Yoga**	Maria
14.00 - 15.00	**Power Pilates**	Nadine
15.00 - 16.00	**Fit & Strong**	Nadine

14/11

09.15 - 10.15	**Männeryoga**	Maria
10.30 - 11.45	**Yoga**	Maria
14.00 - 15.00	**Power Pilates**	Nadine
15.00 - 16.00	**Fit & Strong**	Nadine

21/11

09.15 - 10.15	**Männeryoga**	Maria
10.30 - 11.45	**Yoga**	Maria
14.00 - 15.00	**Power Pilates**	Nadine
15.00 - 16.00	**Fit & Strong**	Nadine

28/11

09.15 - 10.15	**Männeryoga**	Maria
10.30 - 11.45	**Yoga**	Maria
14.00 - 15.00	**Power Pilates**	Nadine
15.00 - 16.00	**Fit & Strong**	Nadine

Sonntag

01/11

10.00 - 11.00	**Step**	Sandrina
11.00 - 12.00	**Fun Tone**	Sandrina

08/11

09.30 - 10.20	**Starker Rücken**	Vangelia
10.30 - 12.00	**Zumba**	Markus & Vangelia
11.00 - 12.00	**Korce (Georgenberg)**	Silvia
12.15 - 13.00	**TRX Mix**	Silvia

15/11

10.00 - 11.00	**Korce**	Silvia
11.00 - 12.00	**TRX Mix**	Silvia

22/11

10.00 - 11.00	**BBP meets Hula**	Jenny
11.00 - 12.00	**Cycling**	Jenny

29/11

10.00 - 11.00	**TBW**	Maika
11.00 - 12.00	**Cycling**	Maika

Alle Angaben laut Monatsspecial-Aushang.

peb2
Bewegung und Begegnung