

Lundi , 01.07

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Vera

12:15 - 13:05

BBP (Bauch, Beine,
Po) / Bodytone
Brigitte

18:00 - 18:30

Core Training
Simone

18:35 - 19:30

Functional Workout
Simone

Mardi , 02.07

08:30 - 09:25

Pilates
Mariya

09:40 - 10:35

Fit ab 60
Mariya

12:15 - 13:10

Cycling
Carlo

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Priska

Mercredi , 03.07

09:00 - 09:55

Pump Workout
Jenny

10:10 - 11:05

Sicher gehen
Brigitte

12:15 - 13:05

BBP (Bauch, Beine,
Po) / Bodytone
Daniela

18:00 - 18:55

Pump Workout
Simone

19:10 - 20:05

Pilates
Mariya

Jeudi , 04.07

09:15 - 10:10

BBP (Bauch, Beine,
Po) / Bodytone
Brigitte

10:20 - 11:15

Cycling
Claudine

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Simone

19:10 - 20:05

Cycling
Manuel

Vendredi , 05.07

08:45 - 09:40

Pump Workout
Jenny

09:55 - 10:50

Rückenfit
Simone

12:15 - 13:10

Pump Workout
Isabel

17:00 - 17:55

Yoga
Jenny

Samedi , 06.07

09:15 - 10:10

Pilates
Mariya

10:30 - 11:25

Cycling
Simone

Dimanche , 07.07

10:00 - 10:55

Zumba
Nicholay

11:15 - 12:10

Cycling
Claudine