

Lundi , 22.07

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Vera	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
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Mardi , 23.07

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 Simone
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Mercredi , 24.07

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
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Jeudi , 25.07

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Cynthia	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Simone
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Vendredi , 26.07

09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Mariya
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Samedi , 27.07

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Barbara
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Dimanche , 28.07

10:00 - 10:55 Zumba Nicholay	11:15 - 12:10 Cycling Barbara
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