

Lundi , 01.07

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Nicole

19:05 - 20:00

Pilates
Andrea

Mardi , 02.07

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Yvonne

19:05 - 20:00

Full Body Workout
Nicole

20:05 - 21:00

Yoga
Leonie

Mercredi , 03.07

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 04.07

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Sandra

Vendredi , 05.07

09:30 - 10:25

Functional Workout
Carmen

Samedi , 06.07

Dimanche , 07.07

10:00 - 10:55

Pump
Sarina