

Lundi , 22.07

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

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

19:05 - 20:00

Pilates
Andrea

Mardi , 23.07

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

Mercredi , 24.07

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 25.07

09:15 - 09:45

Upcon
Olivia

09:50 - 10:45

Pilates
Olivia

18:00 - 18:55

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

Vendredi , 26.07

Samedi , 27.07

Dimanche , 28.07