

Lundi , 26.08

09:30 - 10:25

Pump
Carmen

19:05 - 20:00

Pilates
Andrea

Mardi , 27.08

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 , 28.08

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Dominic

18:40 - 19:35

Pump
Dominic

Jeudi , 29.08

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Sandra

Vendredi , 30.08

09:30 - 10:25

Functional Workout
Carmen

Samedi , 31.08

Dimanche , 01.09

10:00 - 10:55

Pump
Sarina