

Lundi , 23.09

19:05 - 20:00

Pilates
Andrea

Mardi , 24.09

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

Mercredi , 25.09

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 26.09

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Vendredi , 27.09

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 28.09

Dimanche , 29.09

10:00 - 10:55

Functional Workout
Nicole