

Lundi , 30.09

09:30 - 10:25

Pump
Carmen

18:10 - 18:55

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

19:05 - 20:00

Pilates
Andrea

Mardi , 01.10

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
Yvonne

Mercredi , 02.10

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 03.10

09:15 - 09:45

Upcon
Team

09:50 - 10:45

Pilates
Team

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Vendredi , 04.10

Samedi , 05.10

Dimanche , 06.10

10:00 - 10:55

Pump
Sarina