

Lundi , 14.10

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

Pump
Melanie

19:05 - 20:00

Pilates
Olivia

Mardi , 15.10

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Fighttime 55'
Nicole

Mercredi , 16.10

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 17.10

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 , 18.10

09:30 - 10:25

Functional Workout
Carmen

Samedi , 19.10

Dimanche , 20.10

10:00 - 10:55

Pump
Sarina