

Lundi , 03.02

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Mardi , 04.02

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

Fighttime 55'
Nicole

Mercredi , 05.02

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:55

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 06.02

09:15 - 09:45

Upcon
Carmen

09:45 - 10:40

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Vendredi , 07.02

09:30 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 08.02

Dimanche , 09.02

10:00 - 10:55

Pump
Tiziana