

Lundi , 31.03

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

Pump
Melanie

19:05 - 20:00

Pilates
Andrea

Mardi , 01.04

09:15 - 10:10

Functional Workout
Boglarka

10:15 - 10:45

Stretching
Boglarka

18:00 - 18:55

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

19:05 - 20:00

Fighttime 55'
Nicole

Mercredi , 02.04

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 03.04

09:15 - 09:45

Upcon
Boglarka

09:50 - 10:45

Pilates
Boglarka

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Vendredi , 04.04

09:10 - 10:00

Power Yoga
Boglarka

Samedi , 05.04

Dimanche , 06.04

10:00 - 10:55

Pump
Yvonne