

Lundi , 18.09

08:00 - 08:55

Pump
Erika

09:05 - 10:00

Functional Workout
Erika

10:00 - 10:30

Simply Core
Erika

12:00 - 12:55

Pump
Melanie

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Mardi , 19.09

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mercredi , 20.09

08:00 - 08:55

Pump
Claudia

09:05 - 10:00

Functional Workout
Erika

10:05 - 11:00

Rückengymnastik
Erika

19:00 - 19:55

Pump
Erika

Jeudi , 21.09

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 22.09

08:00 - 08:55

Rückengymnastik
Erika

09:05 - 10:00

Pump
Erika

17:30 - 18:25

Pump
Melanie

Samedi , 23.09

09:00 - 09:55

Pilates
Monica

Dimanche , 24.09