

Lundi , 08.07

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Functional Workout
Manu

10:00 - 10:30

Simply Core
Manu

12:00 - 12:55

Pump
Manu

19:00 - 19:55

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

Mardi , 09.07

09:00 - 09:55

Yoga
Giobana

Mercredi , 10.07

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

19:00 - 19:55

Pump
Melanie

Jeudi , 11.07

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 12.07

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

Samedi , 13.07

Dimanche , 14.07