

Lundi , 02.09

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 - 19:30

P.I.I.T
Tatjana

19:30 - 20:00

Simply Core
Tatjana

Mardi , 03.09

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mercredi , 04.09

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

19:00 - 19:55

Pump
Erika

Jeudi , 05.09

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Vendredi , 06.09

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samedi , 07.09

Dimanche , 08.09