

Lundi , 30.09

08:00 - 08:55

Pump
Melanie

09:05 - 10:00

Functional Workout
Melanie

10:00 - 10:30

Simply Core
Melanie

12:00 - 12:55

Pump
Melanie

19:00 - 19:55

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

Mardi , 01.10

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mercredi , 02.10

08:00 - 08:55

Pump
Melanie

09:05 - 10:00

P.I.I.T Special
Melanie

10:05 - 11:00

Pilates
Melanie

19:00 - 19:55

Pump
Erika

Jeudi , 03.10

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Vendredi , 04.10

08:00 - 08:55

Rückengymnastik
Melanie

09:05 - 10:00

Pump
Melanie

17:30 - 18:25

Pump
Melanie

Samedi , 05.10

Dimanche , 06.10