

Lundi , 30.12

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

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Mardi , 31.12

Mercredi , 01.01

Jeudi , 02.01

08:00 - 08:55

Rückengymnastik
Manu

09:30 - 11:30

Fitboxe Special
Manu

Vendredi , 03.01

09:05 - 10:00

Pump
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samedi , 04.01

09:00 - 09:55

Pump
Manu

Dimanche , 05.01