

Montag , 31.07

09:15 - 10:10

Pilates
Mariya

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

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

Dienstag , 01.08

14:00 - 14:55

Herzgruppe
Andrea

Mittwoch , 02.08

09:10 - 10:05

Yoga
Susan

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Donnerstag , 03.08

12:15 - 13:00

TRX
Raphael

Freitag , 04.08

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

Samstag , 05.08

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Full Body Workout
Lorna

10:45 - 11:40

Yoga
Olga

Sonntag , 06.08

09:30 - 10:25

Cycling
Laura

10:45 - 11:40

Pump
Jacqueline