

Montag , 15.07

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Vera	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
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Dienstag , 16.07

08:30 - 09:25 Pilates Mariya	09:40 - 10:35 Fit ab 60 Mariya	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Simone
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Mittwoch , 17.07

09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Susanne	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Bianca	18:00 - 18:55 Pump Workout Simone	19:10 - 20:05 Pilates Mariya
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Donnerstag , 18.07

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Susanne	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Bianca	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Manuel
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Freitag , 19.07

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Jenny
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Samstag , 20.07

09:15 - 10:10 Pilates Mariya	10:30 - 11:25 Cycling Barbara
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Sonntag , 21.07

10:00 - 10:55 Zumba Nicholay	11:15 - 12:10 Cycling Barbara
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