

Montag , 05.08

09:00 - 09:55 Zumba Nicholay	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
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Dienstag , 06.08

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Simone
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Mittwoch , 07.08

09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Pump Workout Simone	19:10 - 20:05 Pilates Veronika
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Donnerstag , 08.08

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Barbara	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Manuel
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Freitag , 09.08

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Isabel	17:00 - 17:55 Yoga Jenny
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Samstag , 10.08

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Barbara
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Sonntag , 11.08

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