

Montag , 08.04

08:00 - 08:55 <i>Motion</i> Oskarlita	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	18:15 - 19:10 <i>Zumba</i> Sandra	18:30 - 19:30 <i>CrossFit</i> Gerardo	19:30 - 20:30 <i>MamathletikFIT</i> Sandra
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Dienstag , 09.04

08:15 - 09:00 <i>TRX</i> Ruth	09:00 - 10:00 <i>CrossFit</i> Christian	09:05 - 10:05 <i>Cycling</i> Brigitte	09:30 - 10:30 <i>MamathletikFIT</i> Sandra	17:45 - 18:45 <i>CrossFit</i> Christian	18:10 - 19:05 <i>Pump</i> Team	18:45 - 19:45 <i>CrossFit</i> Christian	19:15 - 19:45 <i>Faszien-Training</i> Renate
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Mittwoch , 10.04

10:00 - 10:30 <i>Core Training</i> Sandra	12:00 - 12:55 <i>Pump</i> Team	17:45 - 18:45 <i>CrossFit</i> Reto	18:45 - 19:45 <i>Functional Workout</i> Reto	19:00 - 20:00 <i>Power Yoga</i> Rocio
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Donnerstag , 11.04

09:00 - 10:00 <i>CrossFit</i> Julia	09:00 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	10:15 - 11:15 <i>Motion</i> Oskarlita	18:15 - 19:15 <i>CrossFit</i> Pascal
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Freitag , 12.04

08:00 - 08:55 <i>Motion</i> Renate	09:00 - 10:00 <i>CrossFit</i> Julia	09:00 - 09:55 <i>Yoga</i> Pia	10:10 - 11:05 <i>Pump</i> Ruth	18:00 - 19:00 <i>CrossFit</i> Jernej
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Samstag , 13.04

08:45 - 09:40 <i>Power Yoga</i> Team	09:15 - 10:15 <i>CrossFit</i> Julia	09:50 - 10:45 <i>Cycling</i> Erika	10:15 - 11:15 <i>CrossFit</i> Julia
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Sonntag , 14.04

09:30 - 10:00 <i>Core Training</i> Sandra	10:15 - 11:15 <i>CrossFit</i> Olivia	10:30 - 11:25 <i>Pump</i> Evelyne
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