

Montag , 24.10

09:10 - 10:05

Pump
Sally

18:00 - 18:55

Pump
Maja

19:15 - 20:10

Yoga
Reto

Dienstag , 25.10

09:10 - 10:05

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

18:00 - 18:55

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

Mittwoch , 26.10

18:30 - 19:25

Pump
Maja

Donnerstag , 27.10

09:10 - 10:05

Pilates
Sally

18:00 - 18:55

Zumba
Mirjam

19:15 - 20:10

Functional Workout
Sally

Freitag , 28.10

09:10 - 10:05

Zumba
Simone

18:00 - 18:55

Pilates
Sally

Samstag , 29.10

10:00 - 10:55

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

Sonntag , 30.10