

Montag , 15.07

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

Dienstag , 16.07

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

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

Mittwoch , 17.07

09:00 - 09:55

Yoga
Flurina

17:35 - 18:30

Pilates
Alina

Donnerstag , 18.07

18:00 - 18:55

Yoga
Giobana

Freitag , 19.07

09:00 - 09:55

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

18:00 - 18:55

Functional Workout
Larissa

19:00 - 19:55

Zumba
Katarzyna

Samstag , 20.07

Sonntag , 21.07