

Montag , 31.07

09:15 - 10:10

Pump
Yvonne

Dienstag , 01.08

Mittwoch , 02.08

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 03.08

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Freitag , 04.08

09:15 - 10:10

Functional Workout
Carmen

Samstag , 05.08

Sonntag , 06.08

10:00 - 10:55

Pump
Tiziana