

Montag , 11.09

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 12.09

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mittwoch , 13.09

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

20:00 - 20:55

Functional Workout
Nicole

Donnerstag , 14.09

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

Freitag , 15.09

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 16.09

Sonntag , 17.09

10:00 - 10:55

Pump
Tiziana