

Montag , 13.11

09:30 - 10:25

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

18:00 - 18:55

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

19:05 - 20:00

Pilates
Andrea

Dienstag , 14.11

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Mittwoch , 15.11

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

20:00 - 20:55

Functional Workout
Sarina

Donnerstag , 16.11

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

Freitag , 17.11

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 18.11

Sonntag , 19.11

10:00 - 10:55

Pump
Sarina