

Montag , 01.01

Dienstag , 02.01

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

Full Body Workout
Nicole

Mittwoch , 03.01

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:55

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 04.01

09:15 - 09:45

Upcon
Carmen

09:45 - 10:40

Pilates
Carmen

17:45 - 18:30

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

19:05 - 20:00

Zumba
Chantal

Freitag , 05.01

09:30 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 06.01

Sonntag , 07.01

10:00 - 10:55

Pump
Tiziana