

Montag , 12.02

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 13.02

09:15 - 10:10

Functional Workout
Anne

10:15 - 10:45

Stretching
Anne

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

20:05 - 21:00

Yoga
Leonie

Mittwoch , 14.02

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 15.02

09:15 - 09:45

Upcon
Olivia

09:50 - 10:45

Pilates
Olivia

17:45 - 18:40

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

19:05 - 20:00

Zumba
Chantal

Freitag , 16.02

09:30 - 10:25

Functional Workout
Tiziana

12:20 - 12:50

Simply Core
Yvonne

Samstag , 17.02

Sonntag , 18.02

10:00 - 10:55

Pump
Tiziana