

Montag , 08.04

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 09.04

09:15 - 10:10

Functional Workout
Francesco

10:15 - 10:45

Stretching
Francesco

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

20:05 - 21:00

Pilates
Nicole

Mittwoch , 10.04

09:15 - 10:10

Rückenfit
Team

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 11.04

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

Aerobic
Francesco

Freitag , 12.04

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 13.04

Sonntag , 14.04

10:00 - 10:55

Pump
Tiziana