

Montag , 13.05

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| 09:15 - 10:10 <i>Pump</i> Tiziana | 18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Tiziana | 19:05 - 20:00 <i>Pilates</i> Tiziana |
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Dienstag , 14.05

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| 09:15 - 10:10 <i>Functional Workout</i> Carmen | 10:15 - 10:45 <i>Stretching</i> Carmen | 18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne | 19:05 - 20:00 <i>Full Body Workout</i> Yvonne | 20:05 - 21:00 <i>Yoga</i> Leonie |
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Mittwoch , 15.05

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| 09:15 - 10:10 <i>Rückenfit</i> Olivia | 18:00 - 18:30 <i>Simply Core</i> Dominic | 18:40 - 19:35 <i>Pump</i> Dominic |
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Donnerstag , 16.05

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| 09:15 - 09:45 <i>Upcon</i> Carmen | 09:50 - 10:45 <i>Pilates</i> Carmen | 18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra | 19:05 - 20:00 <i>Aerobic</i> Leonie |
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Freitag , 17.05

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| 09:30 - 10:25 <i>Functional Workout</i> Carmen | 12:20 - 12:50 <i>Simply Core</i> Yvonne |
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Samstag , 18.05

Sonntag , 19.05