

Montag , 17.06

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

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

Dienstag , 18.06

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

20:05 - 21:00

Yoga
Leonie

Mittwoch , 19.06

09:15 - 10:10

Rückenfit
Olivia

Donnerstag , 20.06

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 , 21.06

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 22.06

Sonntag , 23.06

10:00 - 10:55

Pump
Sarina