

Montag , 15.07

09:30 - 10:25

Pump
Carmen

19:05 - 20:00

Pilates
Andrea

Dienstag , 16.07

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Nicole

19:05 - 20:00

Full Body Workout
Nicole

Mittwoch , 17.07

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Donnerstag , 18.07

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Sandra

Freitag , 19.07

09:30 - 10:25

Functional Workout
Carmen

Samstag , 20.07

Sonntag , 21.07

10:00 - 10:55

Pump
Sarina