

Montag , 02.09

09:30 - 10:25

Pump
Carmen

18:10 - 18:55

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

19:05 - 20:00

Pilates
Andrea

Dienstag , 03.09

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

Mittwoch , 04.09

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Donnerstag , 05.09

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Freitag , 06.09

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 07.09

Sonntag , 08.09