

Montag , 23.12

09:30 - 10:25

Pump
Carmen

18:00 - 18:55

Pump
Melanie

19:05 - 20:00

Pilates
Andrea

Dienstag , 24.12

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

Fighttime 55'
Nicole

Mittwoch , 25.12

Donnerstag , 26.12

Freitag , 27.12

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 28.12

Sonntag , 29.12

10:00 - 10:55

Pump
Sarina