

Montag , 21.04

Dienstag , 22.04

09:15 - 10:10

Functional Workout
Boglarka

10:15 - 10:45

Stretching
Boglarka

18:00 - 18:55

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

19:05 - 20:00

Fighttime 55'
Nicole

Mittwoch , 23.04

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Donnerstag , 24.04

09:15 - 09:45

Upcon
Boglarka

09:50 - 10:45

Pilates
Boglarka

18:00 - 18:55

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

19:05 - 20:00

Yoga
Leonie

Freitag , 25.04

09:10 - 10:00

Power Yoga
Boglarka

Samstag , 26.04

Sonntag , 27.04

10:00 - 10:55

Pump
Yvonne