

Montag , 04.09

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Dienstag , 05.09

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mittwoch , 06.09

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Donnerstag , 07.09

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Freitag , 08.09

09:15 - 10:10

Pilates
Andrea

Samstag , 09.09

Sonntag , 10.09