

Montag , 11.09

09:10 - 09:40

Pump i.t.
Lydia

09:45 - 10:15

P.I.I.T
Lydia

18:00 - 18:55

Pump
Sophie

Dienstag , 12.09

18:00 - 18:55

Power Yoga
Manuela

Mittwoch , 13.09

09:10 - 10:05

Pump
Barbara

10:05 - 10:35

Simply Core
Barbara

19:00 - 19:55

Pump
Janine

Donnerstag , 14.09

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Freitag , 15.09

10:15 - 11:10

Pilates
Yvette

Samstag , 16.09

Sonntag , 17.09

09:10 - 10:05

Pump
Lydia