

Montag , 04.12

09:10 - 09:40

Pump i.t.
Lydia

09:45 - 10:15

P.I.I.T
Lydia

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Rahel

Dienstag , 05.12

18:00 - 18:55

Power Yoga
Manuela

Mittwoch , 06.12

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Donnerstag , 07.12

09:10 - 10:05

Functional Workout
Barbara

18:45 - 19:40

Pump
Janine

Freitag , 08.12

10:15 - 11:10

Pilates
Yvette

Samstag , 09.12

Sonntag , 10.12

09:10 - 10:05

Pump
Sandra