

Montag , 28.10

09:10 - 10:05

Pump
Janine

10:10 - 10:40

P.I.I.T
Janine

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

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

Dienstag , 29.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mittwoch , 30.10

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

Donnerstag , 31.10

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Janine

Freitag , 01.11

Samstag , 02.11

Sonntag , 03.11

09:10 - 10:05

Yoga
Nadine