

Montag , 22.08

08:00 - 08:55

Pump
Vicky

09:05 - 09:35

Pump i.t.
Vicky

12:00 - 12:55

Pump
Vicky

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Dienstag , 23.08

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fighttime
Sandra

Mittwoch , 24.08

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

19:05 - 20:00

Pump
Erika

Donnerstag , 25.08

18:00 - 18:55

Pilates
Vicky

19:00 - 19:55

Functional Workout
Vicky

Freitag , 26.08

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

17:30 - 18:25

Pump
Vicky

Samstag , 27.08

Sonntag , 28.08