

Montag , 07.11

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 09:35 <i>Pump i.t.</i> Manu	09:35 - 10:05 <i>P.I.I.T</i> Manu	10:05 - 10:35 <i>Fighttime 30'</i> Manu	12:00 - 12:55 <i>Pump</i> Manu	18:00 - 18:55 <i>Cycling</i> Patrick	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
---	--	--	--	---	---	--

Dienstag , 08.11

18:00 - 18:55 <i>Pilates</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Rebecca
---	---

Mittwoch , 09.11

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Fitboxe</i> Manu	18:00 - 18:55 <i>Cycling</i> Ruedi	19:05 - 20:00 <i>Pump</i> Erika
---	--	---	--

Donnerstag , 10.11

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
--	---

Freitag , 11.11

09:00 - 09:55 <i>Rückengymnastik</i> Manu	10:05 - 11:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Vicky
--	---	--

Samstag , 12.11

09:00 - 09:55 <i>Pilates</i> Vicky

Sonntag , 13.11