

Montag , 28.08

08:00 - 08:55

Pump
Erika

09:05 - 10:00

Functional Workout
Erika

10:00 - 10:30

Simply Core
Erika

12:00 - 12:55

Pump
Erika

19:00 - 19:55

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

Dienstag , 29.08

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mittwoch , 30.08

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

19:00 - 19:55

Pump
Melanie

Donnerstag , 31.08

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 01.09

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samstag , 02.09

09:00 - 09:55

Yoga
Jeannette

Sonntag , 03.09