

Montag , 11.09

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Functional Workout
Manu

10:00 - 10:30

Simply Core
Manu

12:00 - 12:55

Pump
Manu

19:00 - 19:55

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

Dienstag , 12.09

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mittwoch , 13.09

08:00 - 08:55

Pump
Irene

09:05 - 10:00

Fitboxe
Irene

10:05 - 11:00

Pilates
Irene

19:00 - 19:55

Pump
Erika

Donnerstag , 14.09

18:00 - 18:55

Pilates
Katalin

19:00 - 19:55

Functional Workout
Katalin

Freitag , 15.09

08:00 - 08:55

Rückengymnastik
Erika

09:05 - 10:00

Pump
Erika

17:30 - 18:25

Pump
Melanie

Samstag , 16.09

09:00 - 09:55

Pump
Erika

Sonntag , 17.09