

Montag , 22.07

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*
Melanie

Dienstag , 23.07

09:00 - 09:55

Yoga
Lisa

Mittwoch , 24.07

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 , 25.07

Freitag , 26.07

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

Samstag , 27.07

Sonntag , 28.07