

Montag , 16.09

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*
Monica

Dienstag , 17.09

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Melanie

Mittwoch , 18.09

08:00 - 08:55

Pump
Melanie

09:05 - 10:00

P.I.I.T Special
Melanie

10:05 - 11:00

Pilates
Melanie

19:00 - 19:55

Pump
Erika

Donnerstag , 19.09

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Freitag , 20.09

08:00 - 08:55

Rückengymnastik
Melanie

09:05 - 10:00

Pump
Melanie

17:30 - 18:25

Pump
Erika

Samstag , 21.09

Sonntag , 22.09