

Montag , 23.09

08:00 - 08:55

Pump
Melanie

09:05 - 10:00

Functional Workout
Melanie

10:00 - 10:30

Simply Core
Melanie

12:00 - 12:55

Pump
Melanie

19:00 - 19:55

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

Dienstag , 24.09

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mittwoch , 25.09

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 , 26.09

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Freitag , 27.09

08:00 - 08:55

Rückengymnastik
Angelina

09:05 - 10:00

Pump
Irene

17:30 - 18:25

Pump
Erika

Samstag , 28.09

Sonntag , 29.09