

Montag , 14.10

08:00 - 08:55 <i>Pump</i> Melanie	09:05 - 10:00 <i>Functional Workout</i> Melanie	10:00 - 10:30 <i>Simply Core</i> Melanie	12:00 - 12:55 <i>Pump</i> Melanie	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
--	--	---	--	--

Dienstag , 15.10

09:00 - 09:55 <i>Yoga</i> Jeannette	19:00 - 19:30 <i>P.I.I.T</i> Melanie
--	---

Mittwoch , 16.10

08:00 - 08:55 <i>Pump</i> Melanie	09:05 - 10:00 <i>P.I.I.T Special</i> Melanie	10:05 - 11:00 <i>Pilates</i> Melanie	19:00 - 19:55 <i>Pump</i> Erika
--	---	---	--

Donnerstag , 17.10

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Power Yoga</i> Monica
--	---

Freitag , 18.10

08:00 - 08:55 <i>Rückengymnastik</i> Manu	09:05 - 10:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Manu
--	---	---

Samstag , 19.10

Sonntag , 20.10