

Montag , 14.04

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 , 15.04

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mittwoch , 16.04

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

Pump
Erika

Donnerstag , 17.04

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Freitag , 18.04

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

Samstag , 19.04

09:00 - 09:55

Pump
Manu

10:00 - 10:30

Simply Core
Manu

Sonntag , 20.04

09:30 - 10:25

P.I.I.T Special
Carmen