

Montag , 01.08

Dienstag , 02.08

09:10 - 10:05

MC (Mental Centering)
Matthias

18:50 - 19:45

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

Mittwoch , 03.08

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

20:00 - 20:55

Yoga
Silvana

Donnerstag , 04.08

08:30 - 09:25

Rückengymnastik
Vicky

09:35 - 10:30

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

Freitag , 05.08

09:00 - 09:55

Pump
Vicky

Samstag , 06.08

Sonntag , 07.08