

Lundi , 01.08

Mardi , 02.08

09:30 - 10:25

Power Yoga
Nina

17:30 - 18:00

P.I.I.T
Linda

18:10 - 19:05

Kick Power
Nicole

19:15 - 20:10

Pump
Sandra

Mercredi , 03.08

10:00 - 10:55

Rückengymnastik
Alexandra

18:00 - 18:55

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

Jeudi , 04.08

09:00 - 09:55

Zumba Gold
Andrea

10:05 - 11:00

Pilates
Nicola

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Vendredi , 05.08

10:00 - 10:55

Rückengymnastik
Katja

12:05 - 13:00

Pump
Sandra

Samedi , 06.08

09:30 - 10:25

Yoga
Nina

Dimanche , 07.08