

Lundi , 07.08

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Functional Workout
Manu

10:00 - 10:30

Simply Core
Manu

19:00 - 19:55

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

Mardi , 08.08

09:00 - 09:55

Yoga
Jeannette

Mercredi , 09.08

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

19:00 - 19:55

Pump
Erika

Jeudi , 10.08

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 11.08

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

Samedi , 12.08

Dimanche , 13.08