

Montag , 22.07

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Herzgruppe
Andrea

10:30 - 11:25

Physio Fit
Team

12:15 - 13:00

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

18:00 - 18:55

Yoga
Regine

18:00 - 18:55

*Functional
Workout*
Fabienne

19:00 - 19:45

Herzgruppe
Fabienne

Dienstag , 23.07

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

Cycling
Petra

14:00 - 14:55

Herzgruppe
Andrea

18:00 - 18:55

Cycling
Laura

19:15 - 20:10

Pilates
Ines

Mittwoch , 24.07

09:10 - 10:05

Yoga
Elissa

12:15 - 13:00

Pump
Isabel

18:00 - 18:55

Functional Workout
Raphael

19:00 - 19:55

Functional Workout
Raphael

Donnerstag , 25.07

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

TRX
Emanuele

14:00 - 14:55

Herzgruppe
Andrea

Freitag , 26.07

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samstag , 27.07

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Fabienne

10:45 - 11:40

Yoga
Olga

Sonntag , 28.07

10:45 - 11:40

Pump
Bärbel