

Montag , 16.09

08:00 - 08:55

Motion
 Pia

09:05 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
 Bettina

17:30 - 18:30

CrossFit
 Christian

18:30 - 19:30

CrossFit
 Christian

18:30 - 19:25

Zumba
 Elena

Dienstag , 17.09

08:15 - 09:00

TRX
 Ruth

09:00 - 10:00

CrossFit
 Julia

09:05 - 10:05

Cycling
 Brigitte

09:30 - 10:25

Functional Workout
 Ruth

18:10 - 19:05

Pump
 Elena

18:15 - 19:15

CrossFit
 Pascal

19:15 - 20:15

Faszien-Training
 Reni

Mittwoch , 18.09

09:00 - 09:55

Zumba
 Elena

10:00 - 10:30

Core Training
 Team

12:00 - 12:55

Pump
 Ruth

17:45 - 18:45

CrossFit
 Lea

18:45 - 19:45

CrossFit
 Lea

19:00 - 20:00

Power Yoga
 Rocio

Donnerstag , 19.09

09:00 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
 Bettina

09:00 - 10:00

CrossFit
 Olivia

10:15 - 11:15

Motion
 Erich

10:15 - 11:10

Functional Workout
 Ruth

18:15 - 19:15

CrossFit
 Lea

Freitag , 20.09

08:00 - 08:55

Faszien-Training
 Reni

09:00 - 09:55

Yoga
 Pia

09:15 - 10:15

CrossFit
 Reni

10:10 - 11:05

Pump
 Ruth

18:00 - 19:00

CrossFit
 Jernej

Samstag , 21.09

08:45 - 09:40

Pilates
 Olga

09:15 - 10:15

CrossFit
 Daniel

10:00 - 10:55

Cycling
 Erika

10:15 - 11:15

CrossFit
 Daniel

Sonntag , 22.09

09:30 - 10:00

Core Training
 Lucia

10:15 - 11:15

CrossFit
 Christian

10:30 - 11:25

Pump
 Evelyne