

Montag , 22.04

08:00 - 08:55

Motion
Pia

09:05 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
Sandra

17:30 - 18:30

CrossFit
Jenn

18:30 - 19:30

CrossFit
Jenn

18:30 - 19:25

Zumba
Sandra

19:30 - 20:30

MamathletikFIT
Jenn

Dienstag , 23.04

08:15 - 09:00

TRX
Gerardo

09:00 - 10:00

CrossFit
Julia

09:05 - 10:05

Cycling
Brigitte

09:30 - 10:30

MamathletikFIT
Jenn

17:45 - 18:45

CrossFit
Christian

18:10 - 19:05

Pump
Elena

18:45 - 19:45

CrossFit
Pascal

19:15 - 20:15

Faszien-Training
Renate

Mittwoch , 24.04

09:00 - 09:55

Zumba
Elena

10:00 - 10:30

Core Training
Team

12:00 - 12:55

Pump
Sandra

17:45 - 18:45

CrossFit
Reto

18:45 - 19:45

Functional Workout
Reto

19:00 - 20:00

Power Yoga
Rocio

Donnerstag , 25.04

09:00 - 10:00

CrossFit
Jenn

09:00 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
Sandra

10:15 - 11:15

MamathletikFIT
Jenn

10:15 - 11:15

Motion
Oskarlita

18:15 - 19:15

CrossFit
Jenn

Freitag , 26.04

08:00 - 08:55

Motion
Renate

09:00 - 10:00

CrossFit
Julia

09:00 - 09:55

Yoga
Pia

10:10 - 11:05

Pump
Ruth

18:00 - 19:00

CrossFit
Jernej

Samstag , 27.04

08:45 - 09:40

Pilates
Rocio

09:15 - 10:15

CrossFit
Reto

09:50 - 10:45

Cycling
Erika

10:15 - 11:15

CrossFit
Reto

Sonntag , 28.04

09:30 - 10:00

Core Training
Sandra

10:10 - 11:05

Pump
Sandra

10:15 - 11:15

CrossFit
Valeria