

Montag , 29.04

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 , 30.04

08:15 - 09:00

TRX
 Ruth

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
 Christian

19:15 - 20:15

*Faszien-
 Training*
 Reni

Mittwoch , 01.05

09:00 - 09:55

Zumba
 Elena

10:00 - 10:30

Core Training
 Flavia

12:00 - 12:55

Pump
 Sandra

17:45 - 18:45

CrossFit
 Christian

18:45 - 19:45

Functional Workout
 Christian

19:00 - 20:00

Power Yoga
 Rocio

Donnerstag , 02.05

09:00 - 10:00

CrossFit
 Julia

09:00 - 10:00

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

10:15 - 11:10

Functional Workout
 Sandra

10:15 - 11:15

Motion
 Oskarlita

18:15 - 19:15

CrossFit
 Christian

Freitag , 03.05

08:00 - 08:55

Motion
 Reni

09:00 - 10:00

CrossFit
 Jenn

09:00 - 09:55

Yoga
 Pia

10:10 - 11:05

Pump
 Ruth

18:00 - 19:00

CrossFit
 Jernej

Samstag , 04.05

08:45 - 09:40

Pilates
 Olga

09:15 - 10:15

CrossFit
 Julia

09:50 - 10:45

Cycling
 Eugen

10:15 - 11:15

CrossFit
 Julia

Sonntag , 05.05

09:30 - 10:00

Core Training
 Sonja

10:10 - 11:05

Pump
 Sonja

10:15 - 11:15

CrossFit
 Christian