

Montag , 06.05

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

Dienstag , 07.05

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

17:45 - 18:45

CrossFit
 Christian

18:10 - 19:05

Pump
 Elena

18:45 - 19:45

CrossFit
 Lea

19:15 - 19:45

Faszien-Training
 Reni

Mittwoch , 08.05

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
 Lea

19:30 - 20:30

Power Yoga
 Flavia

Donnerstag , 09.05

09:15 - 10:15

CrossFit
 Christian

Freitag , 10.05

08:00 - 08:55

Motion
 Reni

09:00 - 10:00

CrossFit
 Julia

09:00 - 09:55

Yoga
 Pia

10:10 - 11:05

Pump
 Ruth

Samstag , 11.05

08:45 - 09:40

Pilates
 Olga

09:15 - 10:15

CrossFit
 Julia

09:50 - 10:45

Cycling
 Erika

10:15 - 11:15

CrossFit
 Julia

Sonntag , 12.05

09:30 - 10:00

Core Training
 Flavia

10:10 - 11:05

Pump
 Sandra

10:15 - 11:15

CrossFit
 Jernej