

Montag , 01.08

Dienstag , 02.08

09:15 - 10:10

Functional Workout
Carmen

18:00 - 18:55

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

Mittwoch , 03.08

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 04.08

09:15 - 10:10

Pilates
Carmen

18:00 - 18:55

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

Freitag , 05.08

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

18:00 - 18:55

Zumba
Chantal

Samstag , 06.08

Sonntag , 07.08

10:00 - 10:55

Pump
Tiziana