

Montag , 23.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Melanie

19:05 - 20:00

Pilates
Andrea

Dienstag , 24.01

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mittwoch , 25.01

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

20:00 - 20:55

Functional Workout
Nicole

Donnerstag , 26.01

09:15 - 10:10

Pilates
Carmen

10:15 - 10:45

Upcon
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Freitag , 27.01

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 28.01

Sonntag , 29.01

10:00 - 10:55

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