

Montag , 13.03

09:15 - 10:10

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

18:00 - 18:55

Pump
Melanie

19:05 - 20:00

Pilates
Andrea

Dienstag , 14.03

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mittwoch , 15.03

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 , 16.03

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 , 17.03

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 18.03

Sonntag , 19.03

10:00 - 10:55

Functional Workout
Nicole