

Montag , 10.04

Dienstag , 11.04

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mittwoch , 12.04

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

20:00 - 20:55

Functional Workout
Nicole

Donnerstag , 13.04

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 , 14.04

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Carmen

Samstag , 15.04

Sonntag , 16.04

10:00 - 10:55

Pump
Tiziana