

Montag , 03.07

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 04.07

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mittwoch , 05.07

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Dominic

18:40 - 19:35

Pump
Dominic

Donnerstag , 06.07

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Freitag , 07.07

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Olivia

Samstag , 08.07

Sonntag , 09.07

10:00 - 10:55

Functional Workout
Nicole