

Montag , 04.07

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 05.07

09:15 - 10:10

Functional Workout
Tiziana

18:00 - 18:55

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

Mittwoch , 06.07

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 07.07

09:15 - 10:10

Pilates
Olivia

18:00 - 18:55

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

Freitag , 08.07

09:15 - 10:10

Functional Workout
Tiziana

12:20 - 12:50

Simply Core
Yvonne

18:00 - 18:55

Zumba
Chantal

Samstag , 09.07

Sonntag , 10.07