

Montag , 19.09

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 20.09

09:15 - 10:10

Functional Workout
Carmen

18:00 - 18:55

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

Mittwoch , 21.09

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 22.09

09:15 - 10:10

Pilates
Carmen

18:00 - 18:55

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

19:00 - 19:55

Zumba
Chantal

Freitag , 23.09

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 24.09

Sonntag , 25.09

10:00 - 10:55

Pump
Tiziana