

Montag , 18.03

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Dienstag , 19.03

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

20:05 - 21:00

Yoga
Leonie

Mittwoch , 20.03

09:15 - 10:10

Yoga
Leonie

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Donnerstag , 21.03

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 , 22.03

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samstag , 23.03

Sonntag , 24.03

10:00 - 10:55

Pump
Tiziana