

Montag , 31.10

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Sophie

19:45 - 20:40

Upcon
Sophie

Dienstag , 01.11

10:00 - 10:55

Upcon Special
Sophie

Mittwoch , 02.11

09:10 - 10:05

Pump
Barbara

10:15 - 10:45

Simply Core
Barbara

18:20 - 18:50

Simply Core
Raphael

19:00 - 19:55

Pump
Janine

Donnerstag , 03.11

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Freitag , 04.11

10:15 - 11:10

Pilates
Yvette

Samstag , 05.11

Sonntag , 06.11

09:10 - 10:05

Pump
Sophie