

Montag , 14.10

09:10 - 10:05

Pump
Lydia

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

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

Dienstag , 15.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mittwoch , 16.10

09:10 - 10:05

Upcon
Sophie

10:10 - 10:40

Simply Core
Sophie

Donnerstag , 17.10

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Freitag , 18.10

10:15 - 11:10

Pilates
Yvette

Samstag , 19.10

Sonntag , 20.10

09:10 - 10:05

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