

Montag , 03.10

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Rahel

19:45 - 20:40

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

Dienstag , 04.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 20:00

Upcon
Barbara

Mittwoch , 05.10

09:10 - 10:05

Pump
Michelle

10:15 - 10:45

P.I.I.T
Michelle

19:00 - 19:55

Pump
Janine

Donnerstag , 06.10

09:10 - 10:05

Functional Workout
Janine

18:30 - 19:25

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

19:35 - 20:30

Pilates
Janine

Freitag , 07.10

10:15 - 11:10

Pilates
Yvette

Samstag , 08.10

Sonntag , 09.10

09:10 - 10:05

Pump
Sophie