

Montag , 27.02

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

*Functional
 Workout*
 Manu

10:00 - 10:30

Simply Core
 Manu

12:00 - 12:55

Pump
 Manu

18:00 - 18:55

Cycling
 Patrick

19:00 - 19:55

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

20:05 - 21:00

Yoga
 Angelika

Dienstag , 28.02

09:00 - 09:55

Yoga
 Jeannette

19:05 - 20:00

Fitboxe
 Rebecca

Mittwoch , 01.03

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

Fitboxe
 Manu

10:05 - 11:00

Pilates
 Manu

18:00 - 18:55

Cycling
 Ruedi

19:00 - 19:55

Pump
 Erika

Donnerstag , 02.03

18:00 - 18:55

Pilates
 Monica

19:00 - 19:55

Functional Workout
 Monica

Freitag , 03.03

08:00 - 08:55

Rückengymnastik
 Manu

09:05 - 10:00

Pump
 Manu

17:30 - 18:25

Pump
 Vicky

Samstag , 04.03

09:00 - 09:55

Pilates
 Manu

Sonntag , 05.03