

Montag , 13.03

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

*Functional
 Workout*
 Manu

10:05 - 10:35

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
 Franziska

Dienstag , 14.03

09:00 - 09:55

Yoga
 Jeannette

Mittwoch , 15.03

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

Fitboxe
 Manu

10:05 - 11:00

Pilates
 Manu

18:00 - 18:55

Cycling
 Ruedi

19:05 - 20:00

Pump
 Erika

Donnerstag , 16.03

18:00 - 18:55

Pilates
 Monica

19:00 - 19:55

Functional Workout
 Monica

Freitag , 17.03

09:00 - 09:55

Rückengymnastik
 Erika

10:05 - 11:00

Pump
 Erika

17:30 - 18:25

Pump
 Erika

Samstag , 18.03

09:00 - 09:55

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

Sonntag , 19.03