

Montag , 20.03

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 , 21.03

09:00 - 09:55

Yoga
Jeannette

Mittwoch , 22.03

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 , 23.03

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 24.03

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samstag , 25.03

09:00 - 09:55

*update Akademie Pump
Release*
Manu

Sonntag , 26.03