

Montag , 17.04

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 , 18.04

09:00 - 09:55

Yoga
Jeannette

Mittwoch , 19.04

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 , 20.04

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 21.04

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samstag , 22.04

09:00 - 09:55

Pilates
Manu

Sonntag , 23.04