

Montag , 22.05

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

20:05 - 21:00

Yoga
Franziska

Dienstag , 23.05

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

Functional Workout
Erika

Mittwoch , 24.05

08:00 - 08:55

Pump
Erika

09:05 - 10:00

Functional Workout
Erika

10:05 - 11:00

Pilates
Eva

19:05 - 20:00

Pump
Erika

Donnerstag , 25.05

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 26.05

09:00 - 09:55

Rückengymnastik
Erika

10:05 - 11:00

Pump
Erika

17:30 - 18:25

Pump
Erika

Samstag , 27.05

09:00 - 09:55

P.I.I.T
Carmen

Sonntag , 28.05