

Montag , 03.07

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

19:00 - 19:55

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

Dienstag , 04.07

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mittwoch , 05.07

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

19:00 - 19:55

Pump
Erika

Donnerstag , 06.07

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 07.07

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samstag , 08.07

09:00 - 09:55

Yoga
Jeannette

Sonntag , 09.07