

Montag , 04.07

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Pump
Manu

09:05 - 10:00

Fighttime
Manu

12:00 - 12:55

Pump
Manu

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

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

Dienstag , 05.07

09:00 - 09:55

Pilates
Petra

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fighttime
Rebecca

Mittwoch , 06.07

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

19:05 - 20:00

Pump
Erika

Donnerstag , 07.07

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 08.07

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

Samstag , 09.07

Sonntag , 10.07