

Montag , 12.09

08:00 - 08:55

Pump
Manu

09:05 - 09:35

Pump i.t.
Manu

09:35 - 10:05

P.I.I.T
Manu

10:05 - 10:35

Fighttime
Manu

12:00 - 12:55

Pump
Manu

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Dienstag , 13.09

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fighttime
Rebecca

Mittwoch , 14.09

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

19:05 - 20:00

Pump
Erika

Donnerstag , 15.09

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 16.09

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

17:30 - 18:25

Pump
Vicky

Samstag , 17.09

09:00 - 09:55

Pump
Team

Sonntag , 18.09