

Montag , 21.11

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 30'
 Manu

12:00 - 12:55

Pump
 Manu

18:00 - 18:55

Cycling
 Patrick

19:00 - 19:55

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

Dienstag , 22.11

18:00 - 18:55

Pilates
 Petra

19:05 - 20:00

Fitboxe
 Rebecca

Mittwoch , 23.11

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

Fitboxe
 Manu

18:00 - 18:55

Cycling
 Ruedi

19:05 - 20:00

Pump
 Erika

Donnerstag , 24.11

18:00 - 18:55

Pilates
 Vicky

19:00 - 19:55

Functional Workout
 Vicky

Freitag , 25.11

09:00 - 09:55

Rückengymnastik
 Manu

10:05 - 11:00

Pump
 Manu

17:30 - 18:25

Pump
 Vicky

Samstag , 26.11

09:00 - 09:55

Pilates
 Monica

Sonntag , 27.11