

Lundi , 28.08

09:15 - 10:10

Dance Aerobic / Dance Mix
Monika

10:15 - 11:10

Pilates
Monika

19:00 - 19:55

Zumba
Beatriz

Mardi , 29.08

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

10:00 - 10:55

Rückenfit
Monika

Mercredi , 30.08

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Jeudi , 31.08

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicole

09:30 - 10:25

Rückenfit
Nicole

Vendredi , 01.09

09:15 - 10:10

Zumba
Andrea

Samedi , 02.09

Dimanche , 03.09