

Lundi , 25.09

09:15 - 10:10

Dance Aerobic / Dance Mix
Andrea

10:15 - 11:10

Pilates
Lei Rae

19:00 - 19:55

Zumba
Eliane

Mardi , 26.09

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Sandra

Mercredi , 27.09

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Monika

19:00 - 19:55

Zumba
Beatriz

Jeudi , 28.09

08:30 - 09:25

Zumba
Andrea

09:30 - 10:25

Rückenfit
Nadia

Vendredi , 29.09

09:15 - 10:10

Zumba
Andrea

Samedi , 30.09

Dimanche , 01.10