

Lundi , 08.01

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Mardi , 09.01

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Mengia Maria

Mercredi , 10.01

08:45 - 09:30

Step
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Jeudi , 11.01

08:30 - 09:25

Zumba
Andrea

09:30 - 10:25

Rückenfit
Beatriz

Vendredi , 12.01

09:15 - 10:10

Zumba
Andrea

Samedi , 13.01

Dimanche , 14.01