

Lundi , 22.01

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Mardi , 23.01

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 , 24.01

08:45 - 09:30

Step
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Beatriz

Jeudi , 25.01

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicole

09:30 - 10:25

Rückenfit
Nicole

Vendredi , 26.01

09:15 - 10:10

Zumba
Andrea

Samedi , 27.01

Dimanche , 28.01