

Lundi , 25.03

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Mardi , 26.03

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Monika

19:45 - 20:40

Pump
Sandra

Mercredi , 27.03

08:45 - 09:25

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Jeudi , 28.03

09:00 - 09:55

Rückenfit
Nicole

Vendredi , 29.03

09:15 - 10:10

Zumba
Andrea

Samedi , 30.03

Dimanche , 31.03