

Lundi , 02.12

09:15 - 10:10

*Dance Aerobic / Dance
Mix*
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Mardi , 03.12

09:00 - 09:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Monica

10:00 - 10:55

Rückenfit
Monica

Mercredi , 04.12

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Jeudi , 05.12

09:00 - 09:55

Rückenfit
Nicole

Vendredi , 06.12

09:15 - 10:10

Zumba
Andrea

Samedi , 07.12

Dimanche , 08.12