

Lundi , 30.12

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Stretching
Veronika

12:15 - 13:05

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

18:00 - 18:30

Core Training
Luana

18:35 - 19:30

Functional Workout
Luana

Mardi , 31.12

10:00 - 10:55

Zumba Special
Deniz

Mercredi , 01.01

Jeudi , 02.01

08:10 - 09:05

BodyART International
Veronika

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Brigitte

10:20 - 11:15

Cycling
Barbara

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 18:55

TRX
Simone

19:10 - 19:05

Cycling
Team

Vendredi , 03.01

08:45 - 09:40

Pump Workout
Jenny

09:55 - 10:50

Rückenfit
Simone

12:15 - 13:10

Pump Workout
Saskia

17:00 - 17:55

Yoga
Jenny

Samedi , 04.01

09:15 - 10:10

Pilates
Veronika

10:30 - 11:25

Cycling
Oline

Dimanche , 05.01

10:00 - 10:55

Zumba
Nicholay

11:15 - 12:10

Cycling
Claudine