

Lundi , 04.03

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Katarzyna

Mardi , 05.03

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

BBP (Bauch, Beine, Po) / Bodytone
Alina

Mercredi , 06.03

09:00 - 09:55

Yoga
Giobana

17:35 - 18:30

Pilates
Giobana

19:00 - 19:55

Pump
Dominic

Jeudi , 07.03

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Vendredi , 08.03

18:00 - 18:55

Functional Workout
Dominic

19:00 - 19:55

Zumba
Katarzyna

Samedi , 09.03

Dimanche , 10.03