

Lundi , 23.12

09:30 - 10:25

Pilates
Alina

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:05

P.I.I.T
Dominic

19:15 - 20:10

Zumba
Katarzyna

Mardi , 24.12

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

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

Mercredi , 25.12

17:35 - 18:30

Pilates
Giobana

Jeudi , 26.12

Vendredi , 27.12

09:00 - 09:55

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

18:00 - 18:55

Functional Workout
Dominic

19:00 - 19:55

Zumba
Katarzyna

Samedi , 28.12

Dimanche , 29.12

09:30 - 10:25

Mobility
Alina