

Lundi , 02.12

09:10 - 10:05

Pump
Claudia

18:05 - 19:00

Zumba
Adriana

19:10 - 20:05

Pilates
Beatriz

Mardi , 03.12

09:10 - 10:05

Yoga
Katrin

18:00 - 18:30

P.I.I.T
Nadine

18:45 - 19:40

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

Mercredi , 04.12

18:15 - 19:10

Pump
Petra

19:30 - 20:25

Power Yoga
Jasmin

Jeudi , 05.12

09:10 - 10:05

Zumba
Adriana

18:30 - 19:25

Functional Workout
Nadine

Vendredi , 06.12

18:00 - 18:55

Powerstep
Adriana

Samedi , 07.12

09:30 - 10:00

P.I.I.T
Petra

10:05 - 11:00

Pump
Petra

Dimanche , 08.12

09:30 - 10:25

Core meets HIIT
Petra