

Lundi , 30.12

09:00 - 09:45

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

12:00 - 12:45

Pump
Martina

18:15 - 19:00

Core Training
Carlos

19:15 - 20:10

Fighttime 55'
Carlos

Mardi , 31.12

Mercredi , 01.01

Jeudi , 02.01

Vendredi , 03.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Core Training
Carlos

18:00 - 18:45

Pump
Carlos

Samedi , 04.01

Dimanche , 05.01

09:30 - 10:30

Pump
Team