

Montag , 08.07

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 09.07

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Monika

19:15 - 20:10

Pump
Mengia Maria

Mittwoch , 10.07

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 11.07

09:00 - 09:55

Rückenfit
Daniela

Freitag , 12.07

09:15 - 10:10

Zumba
Andrea

Samstag , 13.07

Sonntag , 14.07