

Montag , 21.04

Dienstag , 22.04

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

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

Mittwoch , 23.04

09:00 - 09:55

Yoga
Giobana

17:35 - 18:30

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 24.04

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 25.04

09:00 - 09:55

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

18:00 - 18:55

Functional Workout
Alina

19:00 - 19:55

Zumba
Katarzyna

Samstag , 26.04

09:30 - 10:25

Mobility
Alina

Sonntag , 27.04