

Montag , 08.07

09:00 - 09:55

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

18:30 - 19:25

Zumba
Yasmine

Dienstag , 09.07

10:00 - 10:55

Yoga
Pedro

17:45 - 18:40

Bodycombat
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 10.07

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 11.07

18:00 - 18:55

Pump
Asena

Freitag , 12.07

09:00 - 09:55

Functional Workout
Nadia

Samstag , 13.07

Sonntag , 14.07