

Montag , 16.09

09:00 - 09:55

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

18:30 - 19:25

Zumba
Gabriela

Dienstag , 17.09

10:00 - 10:55

Yoga
Pedro

17:45 - 18:40

Bodycombat
Sonia

18:45 - 19:40

Bodybalance
Sonia

Mittwoch , 18.09

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Donnerstag , 19.09

18:00 - 18:55

Pump
Ruth

Freitag , 20.09

09:00 - 09:55

Functional Workout
Nancy

Samstag , 21.09

Sonntag , 22.09