

Montag , 19.02

09:00 - 09:45

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

18:15 - 19:10

Cycling
Martina

19:15 - 20:00

Core Training
Carlos

Dienstag , 20.02

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 21.02

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Donnerstag , 22.02

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Freitag , 23.02

09:00 - 09:55

Yoga
Natalia

18:00 - 18:45

Pump
Carlos

Samstag , 24.02

Sonntag , 25.02

09:30 - 10:30

Pump
Coralie