

Montag , 01.04

Dienstag , 02.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Mélanie

Mittwoch , 03.04

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 , 04.04

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Freitag , 05.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Pump
Carlos

Samstag , 06.04

Sonntag , 07.04

09:30 - 10:15

Pump
Jordane