

Montag , 24.06

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Jordane

18:15 - 19:10

Cycling
Carlos

19:15 - 20:00

Core Training
Carlos

Dienstag , 25.06

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 26.06

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 , 27.06

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Freitag , 28.06

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

Samstag , 29.06

Sonntag , 30.06

09:30 - 10:15

Pump
Carlos