

Montag , 10.03

09:00 - 09:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Carlos	12:15 - 13:00 <i>Pump</i> Martina	18:15 - 19:00 <i>Core Training</i> Carlos	19:15 - 20:10 <i>Fighttime 55'</i> Carlos
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Dienstag , 11.03

09:00 - 09:55 <i>Yoga</i> Natalia	12:15 - 13:10 <i>Cycling</i> Carlos	18:15 - 19:10 <i>Pump</i> Coralie	19:15 - 20:10 <i>Zumba</i> Florence
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Mittwoch , 12.03

09:00 - 09:55 <i>Pilates</i> Natalia	18:15 - 19:10 <i>Urban Dance</i> Florence	19:15 - 20:10 <i>Cycling</i> Carlos
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Donnerstag , 13.03

09:00 - 09:55 <i>Full Body Workout</i> Carlos	12:15 - 13:00 <i>Mobility</i> Svetlana
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Freitag , 14.03

09:00 - 09:55 <i>Yoga</i> Natalia	12:15 - 13:00 <i>Core Training</i> Carlos	18:00 - 18:45 <i>Pump</i> Carlos
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Samstag , 15.03

Sonntag , 16.03

09:30 - 10:30 <i>Pump</i> Svetlana
