

Montag , 14.04

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Heike

12:15 - 13:00

Pump
Martina

18:15 - 19:00

Core Training
Carlos

19:15 - 20:10

Fighttime 55'
Carlos

Dienstag , 15.04

09:00 - 09:55

Yoga
Natalia

12:15 - 13:10

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 16.04

09:00 - 09:55

Pilates
Natalia

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Donnerstag , 17.04

09:00 - 09:55

Full Body Workout
Carlos

12:15 - 13:00

Mobility
Svetlana

Freitag , 18.04

12:15 - 13:00

Core Training
Carlos

Samstag , 19.04

Sonntag , 20.04