

Lundi , 17.04

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Alfred

Mardi , 18.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Douglas

19:00 - 19:55

Zumba
Douglas

Mercredi , 19.04

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:00 - 18:45

Cycling
Martina

19:00 - 19:45

Mobility
Anabela

Jeudi , 20.04

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 19:00

Interval Training
Alfred

Vendredi , 21.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Marianne

18:00 - 18:30

Abdos
Alfred

Samedi , 22.04

Dimanche , 23.04

09:30 - 10:15

Full Body Workout
Anabela