

Montag , 22.05

09:55 - 10:50

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

18:00 - 18:55

Upcon
Antoinette

19:10 - 20:05

Yoga Strength&Flow
Nadia

Dienstag , 23.05

09:00 - 09:55

*Dance Aerobic / Dance
Mix*
Beatriz

10:00 - 10:55

Pilates
Beatriz

18:00 - 18:55

Pump
Ruth

19:10 - 20:05

Fitboxe
Ruth

Mittwoch , 24.05

09:30 - 10:25

Functional Workout
Antoinette

18:30 - 19:25

Kick Power
Sarah

Donnerstag , 25.05

17:30 - 18:25

Zumba
Daniela

18:45 - 19:40

Power Yoga
Pedro

Freitag , 26.05

09:00 - 09:55

Pump
Ruth

10:05 - 11:00

Yoga
Pedro

Samstag , 27.05

10:15 - 11:10

Fitboxe
Céline B.

Sonntag , 28.05