

Montag , 12.12

08:50 - 09:45

Pump
Andrea

09:55 - 10:50

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

18:00 - 18:55

Upcon
Ruth

19:10 - 20:05

Yoga
Pedro

Dienstag , 13.12

10:00 - 10:55

Pilates
Beatriz

18:00 - 18:55

Pump
Ruth

Mittwoch , 14.12

09:30 - 10:25

Functional Workout
Barbara

18:30 - 19:25

Kick Power
Sarah

Donnerstag , 15.12

17:30 - 18:25

Zumba
Josephine

18:45 - 19:40

Power Yoga
Bruno

Freitag , 16.12

09:30 - 10:25

Yoga
Pedro

Samstag , 17.12

09:30 - 10:25

Pump
Ruth

Sonntag , 18.12