

Montag , 23.01

09:00 - 09:45

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

12:00 - 12:45

Pump
Maxime

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Anabela

Dienstag , 24.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Anabela

19:00 - 19:55

Zumba
Jeanne-Fleur

Mittwoch , 25.01

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

Functional Workout
Alfred

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Stretching
Carlos

Donnerstag , 26.01

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Stretching
Anabela

18:00 - 18:55

Functional Workout
Alfred

Freitag , 27.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Maxime

Samstag , 28.01

Sonntag , 29.01