

Montag , 13.03

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
Carlos

Dienstag , 14.03

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 , 15.03

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Mobility
Carlos

Donnerstag , 16.03

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 18:55

Interval Training
Douglas

Freitag , 17.03

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Carlos

Samstag , 18.03

Sonntag , 19.03

09:30 - 10:15

Full Body Workout
Douglas