

Montag , 03.04

09:00 - 09:45

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

12:00 - 12:45

Pump
Carlos

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Carlos

Dienstag , 04.04

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 , 05.04

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 , 06.04

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 19:00

Interval Training
Alfred

Freitag , 07.04

09:00 - 09:55

Yoga
Natalia

Samstag , 08.04

Sonntag , 09.04

09:30 - 10:15

Full Body Workout
Carlos