

Montag , 10.04

Dienstag , 11.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:00 - 18:55

*update Akademie
Pump Release*
Anabela

19:00 - 19:55

Zumba
Douglas

Mittwoch , 12.04

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 , 13.04

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 19:00

Interval Training
Alfred

Freitag , 14.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samstag , 15.04

Sonntag , 16.04

09:30 - 10:15

Full Body Workout
Douglas