

Montag , 26.06

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Carlos

Dienstag , 27.06

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Coralie

19:00 - 19:55

Zumba
Jeanne-Fleur

Mittwoch , 28.06

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Mobility
Carlos

Donnerstag , 29.06

09:00 - 09:45

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 18:55

Interval Training
Alfred

Freitag , 30.06

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samstag , 01.07

Sonntag , 02.07

09:30 - 10:15

Full Body Workout
Carlos