

Montag , 11.09

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Marianne

18:15 - 19:10

Cycling
Martina

19:15 - 20:10

TRX
Carlos

Dienstag , 12.09

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Florence

Mittwoch , 13.09

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Donnerstag , 14.09

09:00 - 09:45

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Freitag , 15.09

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Open Gym
Carlos

Samstag , 16.09

Sonntag , 17.09

09:30 - 10:15

Pump
Marianne