

Montag , 06.01

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Martina

18:15 - 19:00

Core Training
Carlos

19:15 - 20:10

Fighttime 55'
Carlos

Dienstag , 07.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 08.01

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

BBP (Bauch, Beine, Po) / Bodytone
Florence

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Donnerstag , 09.01

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Mobility
Svetlana

18:15 - 19:10

Cycling
Jordane

Freitag , 10.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Core Training
Carlos

18:00 - 18:45

Pump
Carlos

Samstag , 11.01

Sonntag , 12.01

09:30 - 10:30

Pump
Carlos