

Montag , 17.10

09:00 - 09:45

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

12:00 - 12:45

Pump
Maxime

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Anabela

Dienstag , 18.10

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 , 19.10

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

Functional Workout
Alfred

18:00 - 18:45

Cycling
Maxime

19:00 - 19:45

Stretching
Maxime

Donnerstag , 20.10

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Stretching
Anabela

18:00 - 18:55

Functional Workout
Alfred

Freitag , 21.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Maxime

Samstag , 22.10

Sonntag , 23.10