

Montag , 28.11

09:00 - 09:45

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

12:00 - 12:45

Pump
Maxime

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Marianne

Dienstag , 29.11

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Marianne

Mittwoch , 30.11

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

Functional Workout
Alfred

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Stretching
Carlos

Donnerstag , 01.12

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Stretching
Anabela

18:00 - 18:55

Functional Workout
Alfred

Freitag , 02.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Maxime

Samstag , 03.12

Sonntag , 04.12