

Montag , 05.12

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 , 06.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Anabela

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 07.12

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

Functional Workout
Alfred Deuces

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Mobility
Carlos

Donnerstag , 08.12

18:00 - 18:55

Functional Workout
Alfred Deuces

Freitag , 09.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

Samstag , 10.12

Sonntag , 11.12