

Montag , 29.04

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Jordane

18:15 - 19:10

Cycling
Martina

19:15 - 20:00

Core Training
Carlos

Dienstag , 30.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mittwoch , 01.05

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 , 02.05

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Freitag , 03.05

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Pump
Carlos

Samstag , 04.05

Sonntag , 05.05

09:30 - 10:15

Pump
Team