



Live - Kurse Good Life Sports Hometraining

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09:00 - 10:00
Antara
Silvia

08:30 - 09:30
Core Workout
Silvia

09:30 - 10:30
athleticflow
Beata

09:15 - 10:15
Step Fun Power
Silvia

10:00 - 11:00
Dynamic Strength
Beata

10:30 - 11:30
Fun Tone
Silvia

17:30 - 18:30
Fun Tone
Silvia

17:45 - 18:45
Langhantel Workout
Andrea

17:30 - 18:30
Inside Flow
Beata

18:00 - 18:50
HIIT the Beat
Andrea

18:45 - 19:45
Tae Bo
Sandra

19:00 - 20:00
Higher Voltage
Erwin

18:45 - 19:45
**Bodyforming-
Antara**
Silvia

19:00 - 20:00
Freek Step Fun 2
Silvia