

TIMETABLE BOOTCAMP & DANCE

MONTAG

18:00 - 18:45 Fullbody Workout

19:00- 19:45 Fusion Dance Workout

DIENSTAG

18:15 - 19:15 Strength-Body Bootcamp

19:30 - 20:30 HipHop Basics Mamis / Adults

MITTWOCH

18:15 - 19:15 Cardio-Boost Bootcamp

19:30 - 20:30 Commercial Female Dance

DONNERSTAG

19:30 - 20:30 Afro / Dancehall Fusion

FREITAG

17:00 - 17:45 Step&Strength Workout

18:00 - 19:00 Heels Dance

19:15 - 20:15 Reggaeton Dance Class

20:30 - 21:30 Open HipHop Dance Class

SONNTAG

11:00 - 11:45 Teamworkout Bootcamp

12:00 - 12:45 Yoga Fusion Balance (ab Februar)