

Lundi , 09.10

09:00 - 09:55 <i>Pilates</i> Lei Rae	12:15 - 12:45 <i>P.I.I.T</i> Céline H.	17:50 - 18:45 <i>Fitboxe</i> Sarah	19:00 - 19:55 <i>Zumba</i> Andrea
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Mardi , 10.10

12:15 - 12:45 <i>P.I.I.T</i> Céline H.	17:25 - 18:20 <i>TRX</i> Sibylle	18:30 - 19:25 <i>Power Yoga</i> Pedro
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Mercredi , 11.10

12:15 - 13:00 <i>TRX</i> Luca	18:00 - 18:55 <i>Pilates</i> Beatriz
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Jeudi , 12.10

12:15 - 12:45 <i>Simply Core</i> Lea	17:30 - 18:25 <i>TRX</i> Brigitte	18:40 - 19:35 <i>Dance Aerobic / Dance Mix</i> Monika
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Vendredi , 13.10

12:15 - 13:10 <i>Fitboxe</i> Ruth	17:30 - 18:25 <i>Yoga</i> Pedro
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Samedi , 14.10

Dimanche , 15.10