

Lundi , 06.11

09:00 - 09:55

Pilates
Lei Rae

12:15 - 12:45

P.I.I.T
Rebecca

17:50 - 18:45

Fitboxe
Maddalena

19:00 - 19:55

Zumba
Andrea

Mardi , 07.11

12:15 - 12:45

P.I.I.T
Céline H.

17:25 - 18:20

TRX
Carmelina

18:30 - 19:25

Power Yoga
Pedro

Mercredi , 08.11

12:15 - 13:00

TRX
Luca

18:00 - 18:55

Pilates
Beatriz

Jeudi , 09.11

12:15 - 12:45

Simply Core
Asena

17:30 - 18:25

TRX
Brigitte

18:40 - 19:35

*Dance Aerobic / Dance
Mix*
Monika

Vendredi , 10.11

12:15 - 13:10

Fitboxe
Maddalena

17:30 - 18:25

Yoga
Pedro

Samedi , 11.11

Dimanche , 12.11