

Lundi , 01.01

Mardi , 02.01

Mercredi , 03.01

12:15 - 13:00

TRX
Luca

16:45 - 17:40

Pump
Monica

18:00 - 18:55

Pilates
Beatriz

Jeudi , 04.01

12:15 - 12:45

Simply Core
Asena

17:30 - 18:25

TRX
Brigitte

18:40 - 19:35

*Dance Aerobic / Dance
Mix*
Monica

Vendredi , 05.01

12:15 - 13:10

Fitboxe
Maddalena

17:30 - 18:25

Yoga
Pedro

Samedi , 06.01

Dimanche , 07.01