

Lundi , 06.01

08:50 - 09:45 <i>Pump</i> Andrea	09:55 - 10:50 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Nadia	18:00 - 18:55 <i>Upcon</i> Antoinette	19:10 - 20:05 <i>Yoga Strength&Flow</i> Carmen
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Mardi , 07.01

10:00 - 10:55 <i>Pilates</i> Beatriz	18:00 - 18:55 <i>Pump</i> Ruth	19:10 - 20:05 <i>Fitboxe</i> Team
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Mercredi , 08.01

09:30 - 10:25 <i>Functional Workout</i> Barbara	18:30 - 19:25 <i>Kick Power</i> Céline B.
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Jeudi , 09.01

17:30 - 18:25 <i>Zumba</i> Josephine	18:45 - 19:40 <i>Power Yoga</i> Bruno
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Vendredi , 10.01

09:00 - 09:55 <i>Pump</i> Asena	10:05 - 11:00 <i>Yoga</i> Pedro	12:15 - 12:45 <i>P.I.I.T</i> Rebecca
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Samedi , 11.01

09:00 - 09:55 <i>Pump</i> Ruth	10:15 - 11:10 <i>Fitboxe</i> Team
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Dimanche , 12.01