

### Lundi , 14.10

**18:00 - 18:55**

*Bodycombat*  
Sonia

**19:00 - 19:55**

*Bodybalance*  
Sonia

### Mardi , 15.10

**18:15 - 18:45**

*Interval Training*  
Sandra

**18:45 - 19:15**

*Core Training*  
Sandra

**19:15 - 20:10**

*Functional Workout*  
Sandra

### Mercredi , 16.10

**18:00 - 18:55**

*Zumba*  
Andrea

**19:10 - 20:05**

*Pump*  
Anna

### Jeudi , 17.10

**18:30 - 19:25**

*Fitboxe*  
Céline B.

### Vendredi , 18.10

**18:30 - 19:25**

*Zumba*  
Andrea

### Samedi , 19.10

### Dimanche , 20.10