

### Lundi , 11.11

**18:00 - 18:55**

*Bodycombat*  
Sonia

**19:00 - 19:55**

*Bodybalance*  
Sonia

### Mardi , 12.11

**18:15 - 19:10**

*Core meets HIIT*  
Sandra

**19:15 - 20:10**

*Functional Workout*  
Sandra

### Mercredi , 13.11

**18:00 - 18:55**

*Zumba*  
Andrea

**19:10 - 20:05**

*Pump*  
Anna

### Jeudi , 14.11

**18:30 - 19:25**

*Fitboxe*  
Sandra

### Vendredi , 15.11

**18:30 - 19:25**

*Zumba*  
Andrea

### Samedi , 16.11

### Dimanche , 17.11