

**Lundi , 20.11**

**09:15 - 10:10**

*Pilates*  
Eva

**18:00 - 18:55**

*Yoga*  
Nadine

**19:05 - 20:00**

*Pump*  
Mariana

**Mardi , 21.11**

**09:30 - 10:25**

*Zumba*  
Miriam

**12:10 - 12:40**

*P.I.I.T*  
Sandra

**18:00 - 18:55**

*BBP (Bauch, Beine,  
Po) / Bodytone*  
Sandra

**19:05 - 20:00**

*Fitboxe*  
Sandra

**Mercredi , 22.11**

**12:15 - 12:45**

*Upcon*  
Daniela

**17:30 - 18:25**

*Pilates*  
Vasiliki

**18:35 - 19:30**

*Pump*  
Vasiliki

**19:40 - 20:35**

*Zumba*  
Andrea

**Jeudi , 23.11**

**09:15 - 10:10**

*Full Body Workout*  
Sandra

**12:10 - 12:40**

*P.I.I.T*  
Sandra

**18:00 - 18:30**

*Upcon*  
Nadine

**18:40 - 19:35**

*Yoga*  
Nadine

**Vendredi , 24.11**

**09:15 - 10:10**

*Yoga*  
Nadine

**Samedi , 25.11**

**Dimanche , 26.11**

**10:00 - 10:55**

*Zumba*  
Ana