

Lundi , 07.08

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 08.08

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 09.08

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 10.08

18:30 - 19:25

Yoga
Renata

Vendredi , 11.08

07:00 - 07:55

Yoga
Andreina

09:30 - 10:25

Functional Workout
Johana

Samedi , 12.08

Dimanche , 13.08