

Lundi , 18.09

19:45 - 20:40

Functional Workout
Johana

Mardi , 19.09

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Martina

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 20.09

10:05 - 11:00

Pilates
Nina

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Nina

Jeudi , 21.09

Vendredi , 22.09

07:00 - 07:55

Yoga
Bernadette

09:30 - 10:25

Functional Workout
Johana

Samedi , 23.09

Dimanche , 24.09