

Lundi , 25.09

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 26.09

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

*Dance Aerobic / Dance
Mix*
Johana

Mercredi , 27.09

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 28.09

Vendredi , 29.09

07:00 - 07:55

Yoga
Andreina

09:30 - 10:25

Functional Workout
Johana

Samedi , 30.09

Dimanche , 01.10