

**Lundi , 23.10**

**16:15 - 17:10**

*Pilates*  
Caroline

**Mardi , 24.10**

**08:30 - 09:25**

*Functional Yoga*  
Bernadette

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**Mercredi , 25.10**

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

**Jeudi , 26.10**

**Vendredi , 27.10**

**07:00 - 07:55**

*Yoga*  
Andreina

**Samedi , 28.10**

**Dimanche , 29.10**