

Lundi , 06.11

19:45 - 20:40

Functional Workout
Johana

Mardi , 07.11

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Martina

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 08.11

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 09.11

18:45 - 19:40

Yoga
Johana

19:45 - 20:40

Upcon
Johana

Vendredi , 10.11

07:00 - 07:55

Yoga
Andreina

09:45 - 10:40

Functional Workout
Johana

Samedi , 11.11

Dimanche , 12.11