

**Lundi , 13.11**

**19:45 - 20:40**

*Functional Workout*  
Johana

**Mardi , 14.11**

**08:30 - 09:25**

*Functional Yoga*  
Johana

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

**Mercredi , 15.11**

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

**Jeudi , 16.11**

**18:45 - 19:40**

*Yoga*  
Johana

**19:45 - 20:40**

*Upcon*  
Johana

**Vendredi , 17.11**

**07:00 - 07:55**

*Yoga*  
Andreina

**09:45 - 10:40**

*Functional Workout*  
Johana

**Samedi , 18.11**

**Dimanche , 19.11**