

### Lundi , 18.12

**16:15 - 17:10**

*Pilates*  
Caroline

**19:45 - 20:40**

*Functional Workout*  
Johana

### Mardi , 19.12

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mercredi , 20.12

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Jeudi , 21.12

**18:45 - 19:40**

*Yoga*  
Renata

**19:45 - 20:40**

*Upcon*  
Johana

### Vendredi , 22.12

**09:45 - 10:40**

*Functional Workout*  
Johana

### Samedi , 23.12

### Dimanche , 24.12