

Lundi , 25.12

Mardi , 26.12

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 27.12

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 28.12

18:45 - 19:40

Yoga
Renata

19:45 - 20:40

Upcon
Johana

Vendredi , 29.12

09:45 - 10:40

Functional Workout
Johana

Samedi , 30.12

Dimanche , 31.12