

Lundi , 01.01

Mardi , 02.01

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Martina

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 03.01

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 04.01

18:45 - 19:40

Yoga
Renata

19:45 - 20:40

Upcon
Johana

Vendredi , 05.01

09:45 - 10:40

Functional Workout
Johana

Samedi , 06.01

Dimanche , 07.01