

Lundi , 08.01

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 09.01

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 10.01

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Nina

Jeudi , 11.01

18:45 - 19:40

Yoga
Renata

19:45 - 20:40

Upcon
Johana

Vendredi , 12.01

09:45 - 10:40

Functional Workout
Johana

Samedi , 13.01

Dimanche , 14.01