

Lundi , 15.04

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 16.04

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 17.04

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Ramona

20:00 - 20:55

Deep Stretch
Bernadette

Jeudi , 18.04

18:45 - 19:40

Yoga
Lisa

19:45 - 20:40

Upcon
Johana

Vendredi , 19.04

Samedi , 20.04

Dimanche , 21.04