

**Lundi , 30.09**

**19:45 - 20:40**

*Functional Workout*  
Johana

**Mardi , 01.10**

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

**Mercredi , 02.10**

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

**Jeudi , 03.10**

**18:45 - 19:40**

*Yoga*  
Andreina

**19:45 - 20:40**

*Upcon*  
Johana

**Vendredi , 04.10**

**Samedi , 05.10**

**Dimanche , 06.10**