

Lundi , 14.10

17:30 - 18:25

Pilates
Caroline

18:45 - 19:40

Step'n Tone
Sandra

19:45 - 20:40

Functional Workout
Johana

Mardi , 15.10

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 16.10

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Ramona

20:00 - 20:55

Deep Stretch
Bernadette

Jeudi , 17.10

18:45 - 19:40

Yoga
Madlaina

19:45 - 20:40

Upcon
Johana

Vendredi , 18.10

Samedi , 19.10

Dimanche , 20.10