

Lundi , 23.12

17:30 - 18:25

Pilates
Caroline

18:45 - 19:40

Step'n Tone
Sandra

19:45 - 20:40

Functional Workout
Johana

Mardi , 24.12

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

19:45 - 20:40

Dance Aerobic / Dance Mix
Johana

Mercredi , 25.12

10:00 - 10:55

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Bernadette

Jeudi , 26.12

18:45 - 19:40

Yoga
Lisa

19:45 - 20:40

Upcon
Johana

Vendredi , 27.12

Samedi , 28.12

Dimanche , 29.12