

**Lundi , 08.01**

**09:00 - 09:55**

*BBP (Bauch, Beine, Po) /  
Bodytone*  
Nancy

**18:30 - 19:25**

*Zumba*  
Gabriela

**Mardi , 09.01**

**17:45 - 18:40**

*Kick Power*  
Sonia

**18:45 - 19:40**

*Bodybalance*  
Sonia

**Mercredi , 10.01**

**09:00 - 09:55**

*Functional Workout*  
Nancy

**18:15 - 18:45**

*TRX*  
Nancy

**19:00 - 19:55**

*Functional Workout*  
Nancy

**Jeudi , 11.01**

**18:00 - 18:55**

*Pump*  
Ruth

**Vendredi , 12.01**

**09:00 - 09:55**

*Functional Workout*  
Nancy

**Samedi , 13.01**

**Dimanche , 14.01**