

### Lundi , 15.01

#### 09:00 - 09:55

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

#### 18:30 - 19:25

*Zumba*  
Gabriela

### Mardi , 16.01

#### 17:45 - 18:40

*Kick Power*  
Sonia

#### 18:45 - 19:40

*Bodybalance*  
Sonia

### Mercredi , 17.01

#### 09:00 - 09:55

*Functional Workout*  
Nancy

#### 18:15 - 18:45

*TRX*  
Nancy

#### 19:00 - 19:55

*Functional Workout*  
Nancy

### Jeudi , 18.01

#### 18:00 - 18:55

*Pump*  
Ruth

### Vendredi , 19.01

#### 09:00 - 09:55

*Functional Workout*  
Nancy

### Samedi , 20.01

### Dimanche , 21.01