

Lundi , 07.10

09:00 - 09:55

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

18:30 - 19:25

Zumba
Gabriela

Mardi , 08.10

10:00 - 10:55

Yoga
Pedro

17:45 - 18:40

Bodycombat
Noémie

18:45 - 19:40

Bodybalance
Noémie

Mercredi , 09.10

09:00 - 09:55

Functional Workout
Nancy

18:15 - 18:45

TRX
Nancy

19:00 - 19:55

Functional Workout
Nancy

Jeudi , 10.10

18:00 - 18:55

Pump
Ruth

Vendredi , 11.10

09:00 - 09:55

Functional Workout
Nadia

Samedi , 12.10

Dimanche , 13.10