

### Lundi , 21.10

#### 09:00 - 09:55

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

#### 18:30 - 19:25

*Zumba*  
Gabriela

### Mardi , 22.10

#### 10:00 - 10:55

*Yoga*  
Pedro

#### 17:45 - 18:40

*Bodycombat*  
Sonia

#### 18:45 - 19:40

*Bodybalance*  
Sonia

### Mercredi , 23.10

#### 09:00 - 09:55

*Functional Workout*  
Nancy

#### 18:15 - 18:45

*TRX*  
Nancy

#### 19:00 - 19:55

*Functional Workout*  
Nancy

### Jeudi , 24.10

#### 18:00 - 18:55

*Pump*  
Ruth

### Vendredi , 25.10

#### 09:00 - 09:55

*Functional Workout*  
Nancy

### Samedi , 26.10

### Dimanche , 27.10