

**Lundi , 25.11**

**09:00 - 09:55**

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

**18:30 - 19:25**

*Zumba*  
Gabriela

**Mardi , 26.11**

**10:00 - 10:55**

*Yoga*  
Pedro

**17:45 - 18:40**

*Bodycombat*  
Sonia

**18:45 - 19:40**

*Bodybalance*  
Sonia

**Mercredi , 27.11**

**18:15 - 18:45**

*TRX*  
Nancy

**19:00 - 19:55**

*Functional Workout*  
Nancy

**Jeudi , 28.11**

**18:00 - 18:55**

*Pump*  
Ruth

**Vendredi , 29.11**

**09:00 - 09:55**

*Functional Workout*  
Barbara

**Samedi , 30.11**

**Dimanche , 01.12**