

**Lundi , 16.12**

**09:00 - 09:55**

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

**18:30 - 19:25**

*Zumba*  
Gabriela

**Mardi , 17.12**

**10:00 - 10:55**

*Yoga*  
Pedro

**17:45 - 18:40**

*Bodycombat*  
Sonia

**18:45 - 19:40**

*Bodybalance*  
Sonia

**Mercredi , 18.12**

**18:15 - 18:45**

*TRX*  
Nancy

**19:00 - 19:55**

*Functional Workout*  
Nancy

**Jeudi , 19.12**

**18:00 - 18:55**

*Pump*  
Ruth

**Vendredi , 20.12**

**Samedi , 21.12**

**Dimanche , 22.12**