

**Lundi , 14.10**

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**18:00 - 18:30**

*P.I.I.T*  
Myrta

**18:35 - 19:05**

*Simply Core*  
Myrta

**20:00 - 20:55**

*Pump*  
Darina

**Mardi , 15.10**

**09:15 - 10:10**

*Pilates*  
Dominique

**Mercredi , 16.10**

**09:15 - 10:10**

*Full Body Workout*  
Angela

**12:15 - 13:10**

*Pump*  
Darina

**19:00 - 19:55**

*Pump*  
Alexandra

**Jeudi , 17.10**

**09:30 - 10:25**

*Yoga*  
Nadine

**18:00 - 18:55**

*Zumba*  
Andrea

**19:00 - 19:55**

*Pilates*  
Dominique

**Vendredi , 18.10**

**Samedi , 19.10**

**Dimanche , 20.10**