

Lundi , 05.02

09:00 - 09:45

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

18:15 - 19:10

Cycling
Martina

19:15 - 20:00

Core Training
Carlos

Mardi , 06.02

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mercredi , 07.02

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Jeudi , 08.02

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Mélanie

Vendredi , 09.02

09:00 - 09:55

Yoga
Natalia

18:00 - 18:45

Pump
Carlos

Samedi , 10.02

Dimanche , 11.02

09:30 - 10:30

Pump
Marianne