

Lundi , 14.10

09:00 - 09:45

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

18:15 - 19:00

Core Training
Alfred Deuces

19:15 - 20:10

Fitboxe
Jaison

Mardi , 15.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Florence

Mercredi , 16.10

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:15 - 19:10

Urban Dance
Florence

Jeudi , 17.10

09:00 - 09:55

Full Body Workout
Alfred Deuces

12:00 - 12:45

Mobility
Svetlana

18:15 - 19:10

Cycling
Jordane

Vendredi , 18.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Core Training
Alfred Deuces

18:00 - 18:45

Pump
Alfred Deuces

Samedi , 19.10

Dimanche , 20.10

09:30 - 10:30

Pump
Svetlana