

Lundi , 04.11

09:00 - 09:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	12:00 - 12:45 <i>Pump</i> Martina	18:15 - 19:00 <i>Core Training</i> Carlos	19:15 - 20:10 <i>Fitboxe</i> Jaison
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Mardi , 05.11

09:00 - 09:55 <i>Yoga</i> Natalia	12:00 - 12:50 <i>Cycling</i> Carlos	18:15 - 19:10 <i>Pump</i> Carlos	19:15 - 20:10 <i>Zumba</i> Jeanne-Fleur
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Mercredi , 06.11

09:00 - 09:55 <i>Pilates</i> Natalia	12:00 - 12:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	18:15 - 19:10 <i>Urban Dance</i> Florence	19:15 - 20:10 <i>Cycling</i> Carlos
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Jeudi , 07.11

09:00 - 09:55 <i>Full Body Workout</i> Carlos	12:00 - 12:45 <i>Mobility</i> Svetlana	18:15 - 19:10 <i>Cycling</i> Jordane
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Vendredi , 08.11

09:00 - 09:55 <i>Yoga</i> Natalia	12:00 - 12:45 <i>Core Training</i> Carlos	18:00 - 18:45 <i>Pump</i> Carlos
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Samedi , 09.11

Dimanche , 10.11

09:30 - 10:30 <i>Pump</i> Carlos
