

**Lundi , 25.11**

<b>09:00 - 09:45</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	<b>12:00 - 12:45</b> <i>Pump</i> Martina	<b>18:15 - 19:00</b> <i>Core Training</i> Carlos	<b>19:15 - 20:10</b> <i>Fitboxe</i> Jaison
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**Mardi , 26.11**

<b>09:00 - 09:55</b> <i>Yoga</i> Natalia	<b>12:00 - 12:50</b> <i>Cycling</i> Carlos	<b>18:15 - 19:10</b> <i>Pump</i> Coralie	<b>19:15 - 20:10</b> <i>Zumba</i> Jeanne-Fleur
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**Mercredi , 27.11**

<b>09:00 - 09:55</b> <i>Pilates</i> Natalia	<b>12:00 - 12:45</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	<b>18:15 - 19:10</b> <i>Urban Dance</i> Florence	<b>19:15 - 20:10</b> <i>Cycling</i> Carlos
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**Jeudi , 28.11**

<b>09:00 - 09:55</b> <i>Full Body Workout</i> Carlos	<b>12:00 - 12:45</b> <i>Mobility</i> Svetlana	<b>18:15 - 19:10</b> <i>Cycling</i> Jordane
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**Vendredi , 29.11**

<b>09:00 - 09:55</b> <i>Yoga</i> Natalia	<b>12:00 - 12:45</b> <i>Core Training</i> Carlos	<b>18:00 - 18:45</b> <i>Pump</i> Carlos
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**Samedi , 30.11**

**Dimanche , 01.12**

<b>09:30 - 10:30</b> <i>Pump</i> Team
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