

**Lundi , 31.03**

**09:00 - 09:45**

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

**12:15 - 13:00**

*Pump*  
Martina

**18:15 - 19:00**

*Core Training*  
Carlos

**19:15 - 20:10**

*Fighttime 55'*  
Carlos

**Mardi , 01.04**

**09:00 - 09:55**

*Yoga*  
Natalia

**12:15 - 13:10**

*Cycling*  
Carlos

**18:15 - 19:10**

*Pump*  
Coralie

**19:15 - 20:10**

*Zumba*  
Jeanne-Fleur

**Mercredi , 02.04**

**09:00 - 09:55**

*Pilates*  
Natalia

**18:15 - 19:10**

*Urban Dance*  
Florence

**19:15 - 20:10**

*Cycling*  
Carlos

**Jeudi , 03.04**

**09:00 - 09:55**

*Full Body Workout*  
Carlos

**12:15 - 13:00**

*Mobility*  
Svetlana

**Vendredi , 04.04**

**09:00 - 09:55**

*Yoga*  
Natalia

**12:15 - 13:00**

*Core Training*  
Carlos

**18:00 - 18:45**

*Pump*  
Carlos

**Samedi , 05.04**

**Dimanche , 06.04**

**09:30 - 10:30**

*Pump*  
Carlos