

Lundi , 06.03

08:50 - 09:45

Pump
Asena

09:55 - 10:50

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

18:00 - 18:55

Upcon
Sibylle

19:10 - 20:05

Yoga Strength&Flow
Nadia

Mardi , 07.03

09:00 - 09:55

*Dance Aerobic / Dance
Mix*
Beatriz

10:00 - 10:55

Pilates
Beatriz

18:00 - 18:55

Pump
Ruth

Mercredi , 08.03

09:30 - 10:25

Functional Workout
Asena

18:30 - 19:25

Kick Power
Céline B.

Jeudi , 09.03

17:30 - 18:25

Zumba
Josephine

18:45 - 19:40

Power Yoga
Pedro

Vendredi , 10.03

09:00 - 09:55

Pump
Asena

10:05 - 11:00

Yoga
Pedro

Samedi , 11.03

09:30 - 10:25

Pump
Ruth

Dimanche , 12.03