

Lundi , 13.11

08:50 - 09:45

Pump
Andrea

09:55 - 10:50

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

18:00 - 18:55

Upcon
Antoinette

19:10 - 20:05

Yoga Strength&Flow
Carmen

Mardi , 14.11

09:00 - 09:55

*Dance Aerobic / Dance
Mix*
Beatriz

10:00 - 10:55

Pilates
Beatriz

18:00 - 18:55

Pump
Ruth

19:10 - 20:05

Fitboxe
Rebecca

Mercredi , 15.11

09:30 - 10:25

Functional Workout
Barbara

18:30 - 19:25

Kick Power
Céline B.

Jeudi , 16.11

17:30 - 18:25

Zumba
Josephine

18:45 - 19:40

Power Yoga
Bruno

Vendredi , 17.11

09:00 - 09:55

Pump
Asena

10:05 - 11:00

Yoga
Pedro

Samedi , 18.11

09:00 - 09:55

Pump
Ruth

10:15 - 11:10

Fitboxe
Ruth

Dimanche , 19.11