

**Lundi , 18.12**

**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 , 19.12**

**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*  
Ruth

**Mercredi , 20.12**

**09:30 - 10:25**

*Functional Workout*  
Beatrice

**18:30 - 19:25**

*Kick Power*  
Rebecca

**Jeudi , 21.12**

**17:30 - 18:25**

*Zumba*  
Josephine

**18:45 - 19:40**

*Power Yoga*  
Bruno

**Vendredi , 22.12**

**09:00 - 09:55**

*Pump*  
Asena

**10:05 - 11:00**

*Yoga*  
Pedro

**Samedi , 23.12**

**09:00 - 09:55**

*Pump*  
Ruth

**10:15 - 11:45**

*Fitboxe Special*  
Team

**Dimanche , 24.12**