

Lundi , 03.10

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 04.10

08:15 - 09:10

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

Mercredi , 05.10

10:05 - 11:00

Pilates
Caroline

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 06.10

18:30 - 19:25

Yoga
Nina

Vendredi , 07.10

07:00 - 07:55

Yoga
Andreina

Samedi , 08.10

Dimanche , 09.10