

Lundi , 31.10

16:15 - 17:10

Pilates
Caroline

19:45 - 20:40

Functional Workout
Johana

Mardi , 01.11

08:30 - 09:25

Functional Yoga
Johana

18:45 - 19:40

Toning / Pilates
Caroline

Mercredi , 02.11

10:05 - 11:00

Pilates
Caroline

18:45 - 19:40

Pump
Martina

20:00 - 20:55

Deep Stretch
Andreina

Jeudi , 03.11

18:30 - 19:25

Yoga
Nina

Vendredi , 04.11

07:00 - 07:55

Yoga
Andreina

Samedi , 05.11

Dimanche , 06.11