

Lundi , 06.03

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Anabela

12:00 - 12:45

Pump
Marianne

18:00 - 18:50

Cycling
Martina

19:00 - 19:55

Pump
Anabela

Mardi , 07.03

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Anabela

19:15 - 20:10

Zumba
Jeanne-Fleur

Mercredi , 08.03

09:00 - 09:55

Pilates
Natalia

12:00 - 13:00

Interval Training
Douglas

12:00 - 12:45

Functional Workout
Douglas

18:00 - 18:45

Cycling
Carlos

19:00 - 19:45

Mobility
Carlos

Jeudi , 09.03

09:00 - 09:55

Full Body Workout
Anabela

12:00 - 12:45

Mobility
Anabela

18:00 - 18:55

Interval Training
Douglas

Vendredi , 10.03

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

Samedi , 11.03

Dimanche , 12.03