

**Lundi , 13.03**

**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*  
Carlos

**Mardi , 14.03**

**09:00 - 09:55**

*Yoga*  
Natalia

**12:00 - 12:50**

*Cycling*  
Luigia

**18:00 - 18:55**

*Pump*  
Anabela

**19:00 - 19:55**

*Zumba*  
Jeanne-Fleur

**Mercredi , 15.03**

**09:00 - 09:55**

*Pilates*  
Natalia

**12:00 - 12:45**

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

**18:00 - 18:45**

*Cycling*  
Carlos

**19:00 - 19:45**

*Mobility*  
Carlos

**Jeudi , 16.03**

**09:00 - 09:45**

*Full Body Workout*  
Anabela

**12:00 - 12:45**

*Step'n Tone*  
Svetlana

**18:00 - 18:55**

*Interval Training*  
Douglas

**Vendredi , 17.03**

**09:00 - 09:55**

*Yoga*  
Natalia

**12:00 - 12:45**

*Full Body Workout*  
Carlos

**18:00 - 18:30**

*Abdos*  
Carlos

**Samedi , 18.03**

**Dimanche , 19.03**

**09:30 - 10:15**

*Full Body Workout*  
Douglas