

Lundi , 24.04

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 , 25.04

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 , 26.04

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 , 27.04

09:00 - 09:45

Full Body Workout
Anabela

12:00 - 12:45

Step'n Tone
Svetlana

18:00 - 19:00

Interval Training
Alfred

Vendredi , 28.04

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samedi , 29.04

Dimanche , 30.04

09:30 - 10:15

Full Body Workout
Anabela