

Lundi , 03.07

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 04.07

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Coralie

19:00 - 19:55

Zumba
Jeanne-Fleur

Mercredi , 05.07

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 06.07

18:00 - 19:00

Interval Training
Alfred

Vendredi , 07.07

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samedi , 08.07

Dimanche , 09.07

09:30 - 10:15

Full Body Workout
Marianne