

Lundi , 10.07

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 11.07

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 , 12.07

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 13.07

18:00 - 19:00

Interval Training
Alfred

Vendredi , 14.07

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samedi , 15.07

Dimanche , 16.07

09:30 - 10:15

Full Body Workout
Alfred