

Lundi , 17.07

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 18.07

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:00 - 18:55

Pump
Coralie

19:00 - 19:55

Zumba
Marianne

Mercredi , 19.07

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 20.07

18:00 - 19:00

Interval Training
Alfred

Vendredi , 21.07

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

Samedi , 22.07

Dimanche , 23.07