

Lundi , 31.07

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 01.08

Mercredi , 02.08

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 03.08

18:00 - 19:00

Interval Training
Douglas

Vendredi , 04.08

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

Samedi , 05.08

Dimanche , 06.08

09:30 - 10:15

Full Body Workout
Carlos