

Lundi , 07.08

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 08.08

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:00 - 18:55

Pump
Coralie

19:00 - 19:55

Zumba
Florence

Mercredi , 09.08

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 10.08

Vendredi , 11.08

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Alfred

Samedi , 12.08

Dimanche , 13.08