

Lundi , 14.08

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Jordane

Mardi , 15.08

Mercredi , 16.08

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Jordane

Jeudi , 17.08

18:00 - 19:00

Interval Training
Alfred

Vendredi , 18.08

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Marianne

18:00 - 18:30

Abdos
Alfred

Samedi , 19.08

Dimanche , 20.08

09:30 - 10:15

Full Body Workout
Marianne