

Lundi , 28.08

09:00 - 09:45

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

12:00 - 12:45

Pump
Marianne

18:00 - 18:55

Cardio
Carlos

Mardi , 29.08

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 , 30.08

09:00 - 09:55

Pilates
Natalia

18:00 - 18:45

Cycling
Carlos

Jeudi , 31.08

18:00 - 19:00

Interval Training
Alfred Deuces

Vendredi , 01.09

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Full Body Workout
Carlos

18:00 - 18:30

Abdos
Carlos

Samedi , 02.09

Dimanche , 03.09

09:30 - 10:15

Full Body Workout
Carlos