

Lundi , 09.10

09:00 - 09:45

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

12:00 - 12:45

Pump
Jordane

18:15 - 19:10

Cycling
Martina

19:15 - 20:10

TRX
Carlos

Mardi , 10.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Luigia

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Jeanne-Fleur

Mercredi , 11.10

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Jeudi , 12.10

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Vendredi , 13.10

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Open Gym
Carlos

Samedi , 14.10

Dimanche , 15.10

09:30 - 10:15

Pump
Jordane