

Lundi , 25.12

Mardi , 26.12

Mercredi , 27.12

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:00 - 18:45

Cycling
Carlos

18:15 - 19:10

Urban Dance
Florence

Jeudi , 28.12

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Svetlana

18:15 - 19:10

Interval Training
Jordane

Vendredi , 29.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Open Gym
Carlos

Samedi , 30.12

Dimanche , 31.12