

Lundi , 01.01

Mardi , 02.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Mélanie

19:15 - 20:10

Zumba
Mélanie

Mercredi , 03.01

09:00 - 09:55

Pilates
Natalia

12:00 - 12:45

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

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Jeudi , 04.01

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Step'n Tone
Carlos

18:15 - 19:10

Interval Training
Jordane

Vendredi , 05.01

09:00 - 09:55

Yoga
Natalia

12:00 - 12:55

TRX
Carlos

18:00 - 18:45

Open Gym
Carlos

Samedi , 06.01

Dimanche , 07.01

09:30 - 10:15

Pump
Carlos