

Lundi , 16.12

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:00 - 12:45

Pump
Martina

18:15 - 19:00

Core Training
Carlos

19:15 - 20:10

Fighttime 55'
Carlos

Mardi , 17.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:50

Cycling
Carlos

18:15 - 19:10

Pump
Carlos

19:15 - 20:10

Zumba
Jeanne-Fleur

Mercredi , 18.12

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 , 19.12

09:00 - 09:55

Full Body Workout
Carlos

12:00 - 12:45

Mobility
Svetlana

18:15 - 19:10

Cycling
Jordane

Vendredi , 20.12

09:00 - 09:55

Yoga
Natalia

12:00 - 12:45

Core Training
Carlos

18:00 - 18:45

Pump
Carlos

Samedi , 21.12

Dimanche , 22.12

09:30 - 10:30

Pump
Alfred Deuces