

Lundi , 03.03

09:00 - 09:45

BBP (Bauch, Beine, Po) / Bodytone
Jordane

12:15 - 13:00

Pump
Martina

18:15 - 19:00

Core Training
Carlos

19:15 - 20:10

Fighttime 55'
Carlos

Mardi , 04.03

09:00 - 09:55

Yoga
Natalia

12:15 - 13:10

Cycling
Carlos

18:15 - 19:10

Pump
Coralie

19:15 - 20:10

Zumba
Florence

Mercredi , 05.03

09:00 - 09:55

Pilates
Natalia

18:15 - 19:10

Urban Dance
Florence

19:15 - 20:10

Cycling
Carlos

Jeudi , 06.03

09:00 - 09:55

Full Body Workout
Carlos

12:15 - 13:00

Mobility
Svetlana

Vendredi , 07.03

09:00 - 09:55

Yoga
Natalia

12:15 - 13:00

Core Training
Carlos

18:00 - 18:45

Pump
Carlos

Samedi , 08.03

Dimanche , 09.03

09:30 - 10:30

Pump
Florence