



Take your time

MONDAY

Aerial yoga

12:00pm-01:00pm

Hellen

Aerial yoga

01:00pm-02:00pm

Hellen

Aerial yogaKids

4:00pm-5:00pm

Hellen

Pilates

6:00pm-7:00pm

Rouane

Calisthenic

7:00pm-8:00pm

Jad

TUESDAY

TRX sweat

2:00pm-2:45pm

Noel

Aerial yogakids

4:30pm-5:30pm

Lea

Core Fusion

6:00pm-7:00pm

Jad

La Barre

7:00PM-8:00PM

Yara

WEDNESDAY

HIIT

5:00pm-6:00pm

Anastasia

Yoga

6:00pm-7:00pm

Kaline

SFit

6:30pm-7:30pm

Thomas

THURSDAY

Sfit

2:00PM-2:45PM

Thomas

Pilardio

6:00pm-7:00pm

Rouane

Stretching

7:00pm-8:00pm

Yara

FRIDAY

Lower body

2:00PM-2:45PM

Noel