

OPEN DAYS 9. - 12.10.



SATURDAY

9.15	SPINNING 75' Paul S.
9.30	BODY COMBAT 60' Dan
10.30	YOGA VINYASA 60' Helena
10.30	DISCOVERY CLASS Pedro S.
11.30	BODY PUMP 60' Dan
12.30	BODY ATTACK Dan
16.00	DISCOVERY CLASS Carlos

SUNDAY

9.30	YOGA VINYASA FLOW 60' Åsa
10.30	Dance 60' Laura
10.30	PILATES 60' Zach
10.30	BOXING 60' Priscilla
11.30	SPINNING 60' Djamila

MONDAY

7.00	CROSS TRAINING 60' Pedro
9.00	ABDOS FESSIERS 30' Pedro
9.30	BODY PUMP 60' Pedro G.
12.30	SPINNING 60' Guy
12.30	TONE 60' Barbara
12.30	POWER PILATES 60' Dan
17.30	LM GRIT 30' LM Launch
18.00	BODY ATTACK 60' LM Launch
18.00	POWER PILATES 60' Dan
18.30	SPIN POWER 60' Willy
18.00	BOXING 60' Priscilla
19.00	BODY PUMP 60' LM Launch
19.00	FAC 60' Dan
19.00	BOXING 60' Priscilla
20.00	BODY JAM 60' Dan

TUESDAY

7.00	BODY WEIGHT WORKOUT 60' Pedro
9.00	STRETCHING 30' Pedro
9.30	CORE LEGS BUTT 60' Pedro G.
12.00	SPINNING 60' Paul S.
12.00	BODY PUMP 60' Pedro
12.00	BOXING 60' Priscilla
17.30	LM CORE 30' LM Launch
18.00	SPINNING 60' Paul D.
18.00	BODY BALANCE 60' LM Launch
18.00	YOGA ANUSARA 60' Helena
19.00	BODY COMBAT 60' LM Launch
19.10	DANCE 60' Laura
20.10	LM TONE 60' Barbara

*REGISTRATION ONLINE OR VIA PHONE COMPULSORY

- STRONG ZONE
- FLEX ZONE
- RIDE ZONE
- RELAX ZONE