

GROUP

MO	09:00 – 10:00	PILATES	MICHELLE
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:20 – 20:20	THAI BOX FITNESS	YVES
TU	09:00 – 10:00	YOGA FLOW	CLAUDIA
	12:00 – 13:00	PUMP	MARIE-LOUISE
	18:15 – 19:10	PUMP	MICHELLE
	19:15 – 20:15	YIN YOGA	MICHELLE
WE	09:00 – 10:00	FUNCTIONAL TRAINING	ANITA
	12:00 – 13:00	PILATES	MICHELLE
	18:15 – 19:00	FUNCTIONAL TRAINING	ANITA
	19:15 – 20:15	STRETCH/FASCIA	ANITA
TH	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	18:30 – 19:15	THAI BOX FITNESS	YVES
FR	09:00 – 10:00	LUNCH FLOW	ANETTE
	12:00 – 13:00	YOGA FLOW	ANETTE
SA	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:45	PUMP	ANITA
SU	09:30 – 10:30	YOGA	ANETTE