

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>10:00 - 11:00 Pilates Group Classes Studio Martina Nosekova</p>	<p>12:00 - 12:45 Go Functional (SGT) Functional Zone Aurélien Possoni</p>	<p>18:00 - 18:45 ABDO WOD (BE) Group Classes Studio Charlene Goffoy</p>	<p>10:00 - 11:00 Sculpt Martina Nosekova</p>	<p>18:00 - 19:00 Crosstraining Functional Zone Martina Nosekova</p>		<p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Amelie Piras</p>
<p>18:00 - 19:00 Crosstraining Functional Zone Amelie Piras</p>	<p>17:30 - 18:00 Suspension Training Functional Zone Aurélien Possoni</p>	<p>18:00 - 19:00 Healthy Back (SGT) Functional Zone David Pogosian</p>	<p>18:00 - 19:00 Strength For Women (SGT) Fitness Floor Hugo Capodicasa</p>			<p>11:00 - 12:00 Yoga Group Classes Studio Amelie Piras</p>
<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Hugo Capodicasa</p>	<p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Christina Pisa</p>	<p>19:00 - 20:00 Conditioning (SGT) Functional Zone Remy Katzenberg</p>	<p>19:00 - 20:00 Mobility (SGT) Functional Zone Remy Katzenberg</p>			
<p>19:00 - 20:00 Pilates Group Classes Studio Amelie Piras</p>	<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Functional Zone David Pogosian</p>	<p>19:00 - 20:00 Sculpt Group Classes Studio Charlene Goffoy</p>				
<p>19:15 - 20:00 Weight Health (SGT) Functional Zone Hugo Capodicasa</p>	<p>19:00 - 20:00 HIIT Group Classes Studio Charlene Goffoy</p>	<p>20:00 - 21:00 Pilates Group Classes Studio Amelie Piras</p>				
	<p>19:00 - 19:30 Mobility (SGT) Functional Zone David Pogosian</p>					

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