

LUN., 21 AVR.	MAR., 22 AVR.	MER., 23 AVR.	JEU., 24 AVR.	VEN., 25 AVR.	SAM., 26 AVR.	DIM., 27 AVR.
07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	06:45 - 07:45 <b>Pilates</b> Group Classes Studio   Sandra Wijaya sari mika	06:45 - 07:45 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Mihaela Groza	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Vera Alves
11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>Dance</b> Group Classes Studio   Yomiuri Ruiz	
12:00 - 13:00 <b>Weight Loss (SGT)</b> FUNCTIONAL ZONE	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	12:30 - 13:30 <b>Total Body Conditioning</b> Group Classes Studio   Yomiuri Ruiz	12:15 - 13:15 <b>Muay Thai All Level</b> Boxing Cube   Club Gare	12:15 - 13:15 <b>Muay Thai All Level</b> Boxing Cube   Club Gare	11:30 - 12:30 <b>CrossFit WOD</b>   Victor Lepretre	
12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Dan Olivar	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Pascal Ricquier	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	12:30 - 13:30 <b>Les Mills Bodyattack™</b> Group Classes Studio   Richel Van Weij	12:30 - 13:30 <b>Les Mills Bodyattack™</b> Group Classes Studio   Richel Van Weij	11:30 - 12:30 <b>Total Body Conditioning</b> Group Classes Studio   Yomiuri Ruiz	
12:45 - 13:45 <b>CrossFit WOD</b>   Victor Lepretre	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	14:00 - 15:00 <b>Boxing</b> Boxing Cube   Dean Scott Kaulmann	
17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:00 - 19:30 <b>Muay Thai Basics</b> Boxing Cube   Sok-hane Tang	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	15:00 - 16:00 <b>Muay Thai All Level</b> Boxing Cube   Dean Scott Kaulmann	
17:00 - 17:45 <b>Weight Loss (SGT)</b> Group Classes Studio	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:30 - 19:30 <b>Pilates</b> Group Classes Studio   Diana Barrea	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		
18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:30 - 19:30 <b>Boxing</b> Boxing Cube   Daniel Giallombardo	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:00 - 19:00 <b>Jiu Jitsu Brazilian for Ladies</b> Boxing Cube	18:00 - 19:00 <b>Jiu Jitsu Brazilian for Ladies</b> Boxing Cube		
18:00 - 19:30 <b>Muay Thai Basics</b> Boxing Cube   Sok-hane Tang	18:30 - 19:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Richel Van Weij	19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltzos Athanasios	18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio   Dan Olivar	18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio   Dan Olivar		
18:30 - 19:30 <b>TAF</b> Group Classes Studio   Mariana Matos	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:30 - 20:30 <b>Les Mills Bodyattack™</b> Group Classes Studio   Christophe Rahier	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		
19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:30 - 20:30 <b>Dance</b> Group Classes Studio   Leyre Segura	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:00 - 20:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltzos Athanasios	19:00 - 20:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltzos Athanasios		
19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltzos Athanasios	19:30 - 20:30 <b>Muay Thai Advanced 60'</b> Boxing Cube   Daniel Giallombardo	20:30 - 21:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Dan Olivar	19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Dan Olivar	19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Dan Olivar		
19:30 - 20:30 <b>Jump</b> Group Classes Studio   Carlos Oliveira	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre					
20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre						

LUN., 28 AVR.	MAR., 29 AVR.	MER., 30 AVR.	JEU., 01 MAI	VEN., 02 MAI	SAM., 03 MAI	DIM., 04 MAI
07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	06:45 - 07:45 <b>Pilates</b> Group Classes Studio   Sandra Wijaya sari mika		07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Vera Alves
11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	10:30 - 11:30 <b>Dance</b> Group Classes Studio   Yomiuri Ruiz	
12:00 - 13:00 <b>Start to Workout (SGT)</b> FUNCTIONAL ZONE   Club Gare	12:00 - 12:45 <b>Weight Loss (SGT)</b> FUNCTIONAL ZONE   Club Gare	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		12:15 - 13:15 <b>Muay Thai All Level</b> Boxing Cube   Club Gare	11:30 - 12:30 <b>CrossFit WOD</b>   Victor Lepretre	
12:30 - 13:30 <b>Pilates</b> Group Classes Studio   Sandra Wijaya sari mika	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Dan Olivar	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Pascal Ricquier		12:30 - 13:30 <b>Les Mills Bodyattack™</b> Group Classes Studio   Richel Van Weij	11:30 - 12:30 <b>Total Body Conditioning</b> Group Classes Studio   Yomiuri Ruiz	
12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	12:45 - 13:45 <b>CrossFit WOD</b>   Victor Lepretre	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	14:00 - 15:00 <b>Boxing</b> Boxing Cube   Dean Scott Kaulmann	
17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	15:00 - 16:00 <b>Muay Thai All Level</b> Boxing Cube   Dean Scott Kaulmann	
17:00 - 17:45 <b>Weight Loss (SGT)</b>	17:00 - 17:45 <b>Weight Loss (SGT)</b> Group Classes Studio	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		
18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	18:30 - 19:30 <b>Boxing</b> Boxing Cube   Daniel Giallombardo		18:00 - 19:00 <b>Jiu Jitsu Brazilian for Ladies</b> Boxing Cube		
18:00 - 19:30 <b>Muay Thai Advanced</b> Boxing Cube   Daniel Giallombardo	18:00 - 19:30 <b>Muay Thai Basics</b> Boxing Cube   Sok-hane Tang	18:30 - 19:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Fang Zhaokui		18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio   Dan Olivar		
18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Maja Puspan	18:30 - 19:30 <b>TAF</b> Group Classes Studio   Katia Ivchenko	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre		
19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	19:30 - 20:30 <b>Dance</b> Group Classes Studio   Leyre Segura		19:00 - 20:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltsos Athanasios		
19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltsos Athanasios	19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltsos Athanasios	19:30 - 20:30 <b>Muay Thai Advanced 60'</b> Boxing Cube   Daniel Giallombardo		19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Dan Olivar		
19:30 - 20:30 <b>Les Mills Bodyattack™</b> Group Classes Studio   Richel Van Weij	19:30 - 20:30 <b>Jump</b> Group Classes Studio   Carlos Oliveira	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre				
20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Victor Lepretre					
20:30 - 21:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   MICHAELA BURIANOVA						