

| MONDAY                                                                                             | TUESDAY                                                                                      | WEDNESDAY                                                                                          | THURSDAY                                                                                 | FRIDAY                                                                                       | SATURDAY                                                                                     | SUNDAY                                                                                            |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p>07:00 - 08:00<br/><b>Pilates</b><br/>Group Classes Studio   Alice Mingozzi</p>                  | <p>07:00 - 08:00<br/><b>Pilates</b><br/>Group Classes Studio   Alice Mingozzi</p>            | <p>07:00 - 08:00<br/><b>Total Body Conditioning</b><br/>Group Classes Studio   Kaina Hocine</p>    | <p>20:00 - 21:00<br/><b>AFRO DANCE (LU)</b><br/>Group Classes Studio   Alfred Diatta</p> | <p>07:00 - 08:00<br/><b>Burn</b><br/>Group Classes Studio   Kaina Hocine</p>                 | <p>09:30 - 10:30<br/><b>Les Mills BODYPUMP™</b><br/>Group Classes Studio   Carine Friang</p> | <p>10:30 - 11:30<br/><b>Les Mills BODYCOMBAT™</b><br/>Group Classes Studio   Jeffrey Singayan</p> |
| <p>12:30 - 13:30<br/><b>Les Mills BODYPUMP™</b><br/>Group Classes Studio   Sharma Kritika</p>      | <p>12:30 - 13:30<br/><b>HIIT</b><br/>Group Classes Studio   Zivadin Jovanovic</p>            | <p>12:30 - 13:30<br/><b>Les Mills BODYCOMBAT™</b><br/>Group Classes Studio   Christophe Rahier</p> |                                                                                          | <p>08:00 - 08:30<br/><b>MOBILITY GX (LU)</b><br/>Group Classes Studio   Kaina Hocine</p>     | <p>10:30 - 11:30<br/><b>Crosstraining</b><br/>Group Classes Studio   Carine Friang</p>       | <p>11:35 - 12:35<br/><b>Les Mills BODYPUMP™</b></p>                                               |
| <p>17:00 - 18:00<br/><b>Les Mills BODYPUMP™</b><br/>Group Classes Studio   Carine Friang</p>       | <p>17:30 - 18:30<br/><b>Les Mills BODYPUMP™</b><br/>Group Classes Studio   Carine Friang</p> | <p>18:45 - 19:45<br/><b>Les Mills BODYCOMBAT™</b><br/>Group Classes Studio   Jeffrey Singayan</p>  |                                                                                          | <p>12:30 - 13:30<br/><b>TAF</b><br/>Group Classes Studio   Kaina Hocine</p>                  | <p>12:00 - 13:00<br/><b>Burn</b><br/>Group Classes Studio   Kaina Hocine</p>                 | <p>12:45 - 13:45<br/><b>Crosstraining</b><br/>Group Classes Studio   Neme Freud</p>               |
| <p>18:00 - 19:00<br/><b>Les Mills BODYCOMBAT™</b><br/>Group Classes Studio   Christophe Rahier</p> | <p>18:45 - 19:45<br/><b>Zumba®</b><br/>Group Classes Studio   Vanessa Paul</p>               | <p>20:00 - 21:00<br/><b>FULL BODY (LU)</b><br/>Group Classes Studio   Alfred Diatta</p>            |                                                                                          | <p>18:00 - 19:00<br/><b>Crosstraining</b><br/>Group Classes Studio   Alfred Diatta</p>       | <p>13:00 - 14:00<br/><b>TAF</b><br/>Group Classes Studio   Kaina Hocine</p>                  |                                                                                                   |
| <p>19:00 - 20:00<br/><b>TAF</b><br/>Group Classes Studio   Kaina Hocine</p>                        | <p>19:45 - 20:45<br/><b>TAF</b><br/>Group Classes Studio   Neme Freud</p>                    |                                                                                                    |                                                                                          | <p>19:00 - 20:00<br/><b>Les Mills BODYPUMP™</b><br/>Group Classes Studio   Alfred Diatta</p> |                                                                                              |                                                                                                   |
| <p>20:00 - 21:00<br/><b>Burn</b><br/>Group Classes Studio   Kaina Hocine</p>                       |                                                                                              |                                                                                                    |                                                                                          | <p>20:00 - 21:00<br/><b>Core</b><br/>Group Classes Studio   Alfred Diatta</p>                |                                                                                              |                                                                                                   |

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