

LUN., 30 SEPT.

MAR., 01 OCT.

MER., 02 OCT.

JEU., 03 OCT.

VEN., 04 OCT.

SAM., 05 OCT.

DIM., 06 OCT.

10:30 - 11:30
CrossFit WOD
 Crossfit Cube | Victor Lepretre

10:30 - 11:30
Dance
 Group Classes Studio | Fadila Lagra

11:30 - 12:30
CrossFit WOD
 | Victor Lepretre

11:30 - 12:30
Total Body Conditioning
 Group Classes Studio | Yomiuri Ruiz

14:00 - 15:00
Boxing
 Boxing Cube | Dean Scott
 Kaulmann

15:00 - 16:00
Muay Thai All Level
 Boxing Cube | Dean Scott
 Kaulmann

10:30 - 11:30
Les Mills BODYPUMP™
 Group Classes Studio | Rafaela
 Oliveira

LUN., 07 OCT.

06:45 - 07:45
Les Mills Bodyattack™
 Group Classes Studio | Maria Bitetto

07:00 - 08:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

11:45 - 12:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

12:00 - 13:00
Start to Workout (SGT)
 FUNCTIONAL ZONE | Club Gare

12:30 - 13:30
Pilates
 Group Classes Studio | Maja Puspan

12:45 - 13:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

17:00 - 18:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

17:00 - 17:45
Perte De Poids (SGT)
 | Club Gare

18:00 - 19:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:30
Muay Thai Advanced
 Boxing Cube | Daniel Giallombardo

18:30 - 19:30
Dance
 Group Classes Studio | Fadila Lagra

19:00 - 20:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

19:30 - 21:00
Jiu Jitsu
 Boxing Cube | Gkoltsos Athanasios

19:30 - 20:30
Les Mills Bodyattack™
 Group Classes Studio | Richel Van Weij

20:00 - 21:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

20:30 - 21:30
Les Mills BODYPUMP™
 Group Classes Studio | Rafaela Oliveira

MAR., 08 OCT.

07:00 - 08:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

11:45 - 12:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

12:00 - 12:45
Perte De Poids (SGT)
 FUNCTIONAL ZONE | Club Gare

12:30 - 13:30
Les Mills BODYPUMP™
 Group Classes Studio | Dan Olivar

12:45 - 13:45
CrossFit WOD
 | Victor Lepretre

17:00 - 18:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

17:00 - 17:45
Perte De Poids (SGT)
 Group Classes Studio | Club Gare

18:00 - 19:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:30
Muay Thai Basics
 Boxing Cube | Sok-hane Tang

18:30 - 19:30
Jump
 Group Classes Studio | Carlos Oliveira

19:00 - 20:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

19:30 - 21:00
Jiu Jitsu
 Boxing Cube | Gkoltsos Athanasios

19:30 - 20:30
TAF
 Group Classes Studio | Mariana Matos

20:00 - 21:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

MER., 09 OCT.

06:45 - 07:45
Pilates
 Group Classes Studio | Sandra Wijaya sari mika

07:00 - 08:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

11:45 - 12:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

12:30 - 13:30
Les Mills BODYPUMP™
 Group Classes Studio | Pascal Ricquier

12:45 - 13:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

17:00 - 18:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:30 - 19:30
Boxing
 Boxing Cube | Daniel Giallombardo

18:30 - 19:30
Les Mills BODYPUMP™
 Group Classes Studio | Fang Zhaokui

19:00 - 20:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

19:30 - 20:30
Dance
 Group Classes Studio | Carlos Oliveira

19:30 - 20:30
Muay Thai Advanced 60'
 Boxing Cube | Daniel Giallombardo

20:00 - 21:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

JEU., 10 OCT.

06:45 - 07:45
Les Mills BODYPUMP™
 Group Classes Studio | Maria Bitetto

11:45 - 12:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

12:30 - 13:30
Total Body Conditioning
 Group Classes Studio | Yomiuri Ruiz

12:45 - 13:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:30
Muay Thai Basics
 Boxing Cube | Sok-hane Tang

18:30 - 19:30
Pilates
 Group Classes Studio | Diana Barrea

19:00 - 20:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

19:30 - 21:00
Jiu Jitsu
 Boxing Cube | Gkoltsos Athanasios

19:30 - 20:30
Les Mills Bodyattack™
 Group Classes Studio | Christophe Rahier

20:00 - 21:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

20:30 - 21:30
Les Mills BODYPUMP™
 Group Classes Studio | Dan Olivar

VEN., 11 OCT.

07:00 - 08:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

11:45 - 12:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

12:15 - 13:15
Muay Thai All Level
 Boxing Cube | Dean Scott Kaulmann

12:30 - 13:30
Les Mills Bodyattack™
 Group Classes Studio | Richel Van Weij

12:45 - 13:45
CrossFit WOD
 Crossfit Cube | Victor Lepretre

17:00 - 18:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

18:00 - 19:00
Jiu Jitsu Brazilian for Ladies
 Boxing Cube

18:30 - 19:30
Total Body Conditioning
 Group Classes Studio | Dan Olivar

19:00 - 20:00
CrossFit WOD
 Crossfit Cube | Victor Lepretre

19:00 - 20:30
Jiu Jitsu
 Boxing Cube | Gkoltsos Athanasios

19:30 - 20:30
Pilates
 Group Classes Studio | Dan Olivar

SAM., 12 OCT.

10:30 - 11:30
CrossFit WOD
 Crossfit Cube | Victor Lepretre

10:30 - 11:30
Dance
 Group Classes Studio | Fadila Lagra

11:30 - 12:30
CrossFit WOD
 | Victor Lepretre

11:30 - 12:30
Total Body Conditioning
 Group Classes Studio | Yomiuri Ruiz

14:00 - 15:00
Boxing
 Boxing Cube | Dean Scott Kaulmann

15:00 - 16:00
Muay Thai All Level
 Boxing Cube | Dean Scott Kaulmann

DIM., 13 OCT.

10:30 - 11:30
Les Mills BODYPUMP™
 Group Classes Studio | Rafaela Oliveira