

ISABELLE

STUDIO 21

10:00 - 11:00
PILATES

11:00 - 12:00
STRETCHING

12:00 - 13:00
MOBILITY FLOW®

ISABELLE

STUDIO 21

11:45 - 12:30
SCULPT FUSION

12:30 - 13:15
PILATES AVANCÉS

ISABELLE

STUDIO 21

18:00 - 19:00
GLOBAL FIT



HEALTHY & MOVE®
MOBILITE | ENDURANCE | FORCE

