

**Lundi , 18.12**

**09:05 - 10:00**

*Pilates*  
Cordelia

**10:10 - 11:05**

*Pilates*  
Cordelia

**18:00 - 18:55**

*TRX*  
Marc

**20:05 - 21:00**

*TRX*  
Marc

**Mardi , 19.12**

**18:00 - 18:55**

*Pilates*  
Claudia

**19:30 - 20:25**

*Pump*  
Nicole

**Mercredi , 20.12**

**09:15 - 10:10**

*TRX*  
Marc

**18:50 - 19:45**

*Sypoba*  
Beat

**Jeudi , 21.12**

**09:05 - 10:00**

*Pilates*  
Silvana

**10:10 - 11:05**

*Pilates*  
Silvana

**18:40 - 19:35**

*TRX*  
Adam

**19:50 - 20:45**

*TRX*  
Adam

**Vendredi , 22.12**

**18:30 - 19:25**

*Pump*  
Nicole

**Samedi , 23.12**

**Dimanche , 24.12**