

### Lundi , 16.12

**09:05 - 10:00**

*Pilates*  
Melanie

**10:10 - 11:05**

*Pilates*  
Melanie

**18:00 - 18:55**

*TRX*  
Marc

**20:05 - 21:00**

*TRX*  
Marc

### Mardi , 17.12

**18:00 - 18:55**

*Pilates*  
Claudia

**19:30 - 20:25**

*Pump*  
Nicole

### Mercredi , 18.12

**09:15 - 10:10**

*TRX*  
Marc

**18:50 - 19:45**

*Sypoba BodyBalance*  
Beat

### Jeudi , 19.12

**09:05 - 10:00**

*Pilates*  
Cordelia

**10:10 - 11:05**

*Pilates*  
Cordelia

**18:00 - 18:55**

*TRX*  
Adam

**19:10 - 20:05**

*TRX*  
Adam

### Vendredi , 20.12

**09:15 - 10:10**

*BBP (Bauch, Beine, Po) /  
Bodytone*  
Andrea

### Samedi , 21.12

**09:30 - 10:25**

*Pump*  
Nicole

### Dimanche , 22.12