

Lundi , 06.01

**09:10 - 10:05**

*BodyART  
International*  
Mirjam

**12:15 - 13:10**

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

**17:45 - 18:40**

*Pump*  
Christian

**18:50 - 19:45**

*Bodycombat*  
Jeannine

**20:00 - 20:55**

*Bodybalance*  
Jacqueline

Mardi , 07.01

**09:10 - 10:05**

*Pump*  
Natascha

**12:15 - 13:10**

*BodyART International*  
Mirjam

**14:45 - 18:40**

*Pump*  
Esther

**19:00 - 19:55**

*Pilates*  
Simone Lisa

Mercredi , 08.01

**06:30 - 07:25**

*Cycling*  
Adriano

**09:10 - 10:05**

*Toning*  
Serena

**12:15 - 13:10**

*Interval Training*  
Mirjam

**17:30 - 18:25**

*Pump*  
Sarah

**18:45 - 19:40**

*Bodycombat*  
Laura

Jeudi , 09.01

**12:15 - 13:10**

*BodyART International*  
Mirjam

**18:00 - 18:55**

*Cycling*  
Marcel

**19:15 - 20:10**

*Pump*  
Andrea

Vendredi , 10.01

**09:10 - 10:10**

*Toning*  
Jacqueline

**10:20 - 11:15**

*Pilates*  
Serena

**12:15 - 13:10**

*Bodycombat*  
Jacqueline

**17:30 - 18:25**

*Cycling*  
Adriano

**18:40 - 19:35**

*BodyART  
International*  
Mirjam

Samedi , 11.01

**00:00 - 00:00**

*Bodycombat*  
Jacqueline

**09:30 - 10:25**

*Pump*  
Jeannine

**11:45 - 12:40**

*Bodybalance*  
Jacqueline

Dimanche , 12.01

**11:30 - 12:25**

*Interval Training*  
Mirjam

**12:30 - 13:00**

*Bauch Express*  
Mirjam