

**Lundi , 13.11**

**09:30 - 10:25**

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

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Andrea

**Mardi , 14.11**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Zumba*  
Chantal

**Mercredi , 15.11**

**18:00 - 18:30**

*Simply Core*  
Sarina

**18:40 - 19:35**

*Pump*  
Sarina

**20:00 - 20:55**

*Functional Workout*  
Sarina

**Jeudi , 16.11**

**09:15 - 09:45**

*Upcon*  
Carmen

**09:50 - 10:45**

*Pilates*  
Carmen

**18:00 - 18:55**

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

**Vendredi , 17.11**

**09:30 - 10:25**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Yvonne

**Samedi , 18.11**

**Dimanche , 19.11**

**10:00 - 10:55**

*Pump*  
Sarina