

### Lundi , 16.12

**09:05 - 10:00**

*Pump*  
Ajla

**10:10 - 10:55**

*Yoga*  
Ajla

**18:00 - 18:55**

*Pump*  
Katja

**19:15 - 20:10**

*Fitboxe*  
Nicole

### Mardi , 17.12

**09:05 - 10:00**

*Rückengymnastik*  
Liz

**18:00 - 18:55**

*Zumba*  
Diana

**19:05 - 20:00**

*Power Yoga*  
Nina

### Mercredi , 18.12

**09:05 - 10:00**

*Pump*  
Ajla

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Veronica

### Jeudi , 19.12

**09:05 - 10:00**

*Pilates*  
Nicola

**18:00 - 18:55**

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

### Vendredi , 20.12

**09:05 - 10:00**

*Zumba*  
Miriam

### Samedi , 21.12

### Dimanche , 22.12

**09:00 - 09:55**

*Pump*  
Fabien

**10:10 - 11:05**

*Pilates*  
Valentina