

Lundi , 28.11

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:25**

*Upcon*  
Erendita

**18:30 - 19:25**

*Pump*  
Yvonne

Mardi , 29.11

**18:15 - 18:45**

*Simply Core*  
Sarina

**19:00 - 19:55**

*Power Yoga*  
Jasmin

Mercredi , 30.11

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:55**

*Yoga*  
Ladina

**19:00 - 19:55**

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

Jeudi , 01.12

**09:15 - 10:10**

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

**18:00 - 18:55**

*Pump*  
Dominic

**19:05 - 20:00**

*Pilates*  
Andrea

Vendredi , 02.12

**09:15 - 10:10**

*Pilates*  
Andrea

Samedi , 03.12

Dimanche , 04.12