

**Lundi , 30.09**

**09:15 - 10:10**

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

**18:05 - 19:00**

*Pilates*  
Astrid

**19:15 - 20:10**

*Zumba*  
Petra

**20:25 - 21:20**

*Pump*  
Ursi

**Mardi , 01.10**

**09:10 - 10:05**

*Pump*  
Ursi

**10:15 - 11:10**

*Cycling*  
Tanya

**18:00 - 18:30**

*P.I.I.T*  
Claude

**19:00 - 19:55**

*Powerstep*  
Petra

**20:05 - 21:00**

*Fitboxe*  
Marina

**Mercredi , 02.10**

**09:35 - 10:30**

*Rückenfit*  
Claudia

**19:00 - 19:55**

*Pump*  
Kurt

**20:10 - 21:05**

*Yoga*  
Nevin

**Jeudi , 03.10**

**09:30 - 10:25**

*Zumba*  
Marion

**18:00 - 18:55**

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

**19:00 - 19:55**

*Fitboxe*  
Karin

**Vendredi , 04.10**

**08:30 - 09:25**

*Over 50*  
Silvana

**09:35 - 10:30**

*Pilates*  
Silvana

**12:15 - 12:45**

*P.I.I.T*  
Claude

**17:50 - 18:45**

*Zumba*  
Petra

**Samedi , 05.10**

**09:30 - 10:25**

*Yoga*  
Nevin

**Dimanche , 06.10**

**10:30 - 11:25**

*Pump*  
Kurt