

### Lundi , 23.12

#### 09:15 - 10:10

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

#### 18:05 - 19:00

*Pilates*  
Claudia

#### 19:15 - 20:10

*Zumba*  
Chiara

#### 20:25 - 21:20

*Pump*  
Ursi

### Mardi , 24.12

#### 09:10 - 10:05

*Pump Special*  
Ursi

#### 10:15 - 11:10

*Cycling*  
Tanya

### Mercredi , 25.12

### Jeudi , 26.12

### Vendredi , 27.12

#### 08:30 - 09:25

*Over 50*  
Katja

#### 09:35 - 10:30

*Pilates*  
Katja

#### 12:15 - 12:45

*P.I.I.T*  
Claude

#### 17:50 - 18:45

*Zumba*  
Chiara

#### 19:00 - 19:55

*Cycling*  
Tanya

### Samedi , 28.12

#### 09:30 - 10:25

*Yoga*  
Nevin

### Dimanche , 29.12

#### 09:00 - 09:55

*Cycling*  
Arlette

#### 10:30 - 11:25

*Pump*  
Andreas