

### Lundi , 18.07

#### 09:00 - 09:55

Yoga  
Elissa

#### 10:10 - 11:05

Pump  
Graziella

#### 18:00 - 18:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mardi , 19.07

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 10:10 - 11:05

Rückenfit  
Isabel

#### 19:10 - 20:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mercredi , 20.07

#### 09:00 - 09:55

Zumba  
Lise

#### 18:00 - 18:55

Pump  
Franziska

### Jeudi , 21.07

#### 09:00 - 09:55

BBP (Bauch, Beine,  
Po) / Bodytone  
Ariane

#### 10:10 - 11:05

Yoga  
Isabel

#### 18:00 - 18:55

TRX  
Anita

#### 19:10 - 20:05

Power Yoga  
Elissa

### Vendredi , 22.07

#### 10:10 - 11:05

Rückenfit  
Isabel

### Samedi , 23.07

#### 10:00 - 10:55

Zumba  
Lise

#### 11:10 - 12:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Dimanche , 24.07

#### 10:00 - 10:55

Cycling  
Manuel