

**Lundi , 29.08**

**09:00 - 09:55**

*Yoga*  
Elissa

**10:10 - 11:05**

*Pump*  
Graziella

**18:00 - 18:55**

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

**Mardi , 30.08**

**09:00 - 09:55**

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

**10:10 - 11:05**

*Rückenfit*  
Isabel

**18:00 - 18:55**

*TRX*  
Anita

**19:10 - 20:05**

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

**Mercredi , 31.08**

**09:00 - 09:55**

*Zumba*  
Sibylle

**10:10 - 11:05**

*Cycling*  
Carlo

**18:00 - 18:55**

*Pump*  
Graziella

**Jeudi , 01.09**

**09:00 - 09:55**

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

**10:10 - 11:05**

*Yoga*  
Isabel

**18:30 - 19:25**

*Power Yoga*  
Elissa

**Vendredi , 02.09**

**09:00 - 09:55**

*TRX*  
Graziella

**10:10 - 11:05**

*Rückenfit*  
Isabel

**Samedi , 03.09**

**10:00 - 10:55**

*Zumba*  
Silvio

**11:10 - 12:05**

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

**Dimanche , 04.09**

**10:00 - 10:55**

*Cycling*  
Barbara