

**Lundi , 05.09**

**09:00 - 09:55**

Yoga  
Mariya

**10:10 - 11:05**

Pump  
Graziella

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Mardi , 06.09**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Rückenfit  
Isabel

**18:30 - 19:25**

BBP (Bauch, Beine, Po) /  
Bodytone  
Claudia

**Mercredi , 07.09**

**09:00 - 09:55**

Zumba  
Sibylle

**10:10 - 11:05**

Cycling  
Carlo

**18:00 - 18:55**

Pump  
Graziella

**19:10 - 20:05**

TRX  
Graziella

**Jeudi , 08.09**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Yoga  
Martine

**18:30 - 19:25**

Power Yoga  
Elissa

**Vendredi , 09.09**

**09:00 - 09:55**

TRX  
Graziella

**10:10 - 11:05**

Rückenfit  
Isabel

**Samedi , 10.09**

**10:00 - 10:55**

Zumba  
Silvio

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Dimanche , 11.09**

**10:00 - 10:55**

Cycling  
Barbara