

Lundi , 26.09

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| 09:00 - 09:55 Yoga Elissa | 10:10 - 11:05 Pump Graziella | 18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Ariane |
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Mardi , 27.09

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| 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 |
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Mercredi , 28.09

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| 09:00 - 09:55 Zumba Sibylle | 10:10 - 11:05 Cycling Carlo | 18:00 - 18:55 Pump Graziella | 19:10 - 20:05 TRX Graziella |
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Jeudi , 29.09

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| 09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane | 10:10 - 11:05 Yoga Isabel | 18:30 - 19:25 Power Yoga Elissa |
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Vendredi , 30.09

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| 09:00 - 09:55 TRX Graziella | 10:10 - 11:05 Rückenfit Isabel |
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Samedi , 01.10

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| 10:00 - 10:55 Zumba Silvio | 11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane |
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Dimanche , 02.10

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| 10:00 - 10:55 Cycling Manuel |
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