

### Lundi , 10.10

#### 09:00 - 09:55

Yoga  
Elissa

#### 10:10 - 11:05

Pump  
Graziella

#### 18:00 - 18:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mardi , 11.10

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 18:30 - 19:25

BBP (Bauch, Beine, Po) /  
Bodytone  
Jady

### Mercredi , 12.10

#### 09:00 - 09:55

Zumba  
Lise

#### 18:00 - 18:55

Pump  
Cristian

### Jeudi , 13.10

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 18:30 - 19:25

Power Yoga  
Elissa

### Vendredi , 14.10

#### 09:00 - 09:55

TRX  
Graziella

#### 10:10 - 11:05

Rückenfit  
Elissa

### Samedi , 15.10

#### 10:00 - 10:55

Zumba  
Silvio

#### 11:10 - 12:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Dimanche , 16.10

#### 10:00 - 10:55

Cycling  
Laura