

### Lundi , 21.11

#### 09:00 - 09:55

Yoga  
Elissa

#### 10:10 - 11:05

Pump  
Graziella

#### 18:00 - 18:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mardi , 22.11

#### 09:00 - 09:55

BBP (Bauch, Beine,  
Po) / Bodytone  
Ariane

#### 10:10 - 11:05

Rückenfit  
Isabel

#### 18:00 - 18:55

TRX  
Graziella

#### 19:00 - 19:30

P.I.I.T  
Graziella

### Mercredi , 23.11

#### 09:00 - 09:55

Zumba  
Sibylle

#### 10:10 - 11:05

Cycling  
Carlo

#### 18:00 - 18:55

Pump  
Cristian

### Jeudi , 24.11

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 10:10 - 11:05

Yoga  
Isabel

#### 18:30 - 19:25

Power Yoga  
Elissa

### Vendredi , 25.11

#### 10:10 - 11:05

Rückenfit  
Isabel

### Samedi , 26.11

#### 10:00 - 10:55

Zumba  
Silvio

#### 11:10 - 12:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Dimanche , 27.11

#### 10:00 - 10:55

Cycling  
Barbara