

**Lundi , 05.12**

<b>09:00 - 09:55</b> Yoga Elissa	<b>10:10 - 11:05</b> Pump Graziella	<b>18:00 - 18:55</b> BBP (Bauch, Beine, Po) / Bodytone Ariane
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**Mardi , 06.12**

<b>09:00 - 09:55</b> BBP (Bauch, Beine, Po) / Bodytone Ariane	<b>10:10 - 11:05</b> Rückenfit Isabel	<b>18:00 - 18:55</b> TRX Graziella	<b>19:00 - 19:55</b> Step'n Tone Graziella
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**Mercredi , 07.12**

<b>09:00 - 09:55</b> Zumba Deniz	<b>10:10 - 11:05</b> Cycling Carlo	<b>18:00 - 18:55</b> Pump Cristian
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**Jeudi , 08.12**

<b>09:00 - 09:55</b> BBP (Bauch, Beine, Po) / Bodytone Isabelle	<b>10:10 - 11:05</b> Yoga Isabel
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**Vendredi , 09.12**

<b>08:50 - 09:20</b> P.I.I.T Melanie	<b>10:10 - 11:05</b> Rückenfit Isabel
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**Samedi , 10.12**

<b>10:00 - 10:55</b> Zumba Silvio	<b>11:10 - 12:05</b> BBP (Bauch, Beine, Po) / Bodytone Ariane
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**Dimanche , 11.12**

<b>10:00 - 10:55</b> Cycling Laura
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