

**Lundi , 06.03**

**09:00 - 09:55**

Yoga  
Elissa

**10:10 - 11:05**

Pump  
Graziella

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Tea

**Mardi , 07.03**

**10:10 - 11:05**

Rückenfit  
Isabel

**18:00 - 18:55**

TRX  
Graziella

**19:00 - 19:55**

Step'n Tone  
Graziella

**Mercredi , 08.03**

**09:00 - 09:55**

Zumba  
Sibylle

**10:10 - 11:05**

Cycling  
Carlo

**18:00 - 18:55**

Pump  
Cristian

**Jeudi , 09.03**

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Fabienne

**10:10 - 11:05**

Yoga  
Isabel

**18:00 - 18:55**

Power Yoga  
Elissa

**19:00 - 19:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Tea

**Vendredi , 10.03**

**08:50 - 09:20**

P.I.I.T  
Melanie

**09:30 - 10:00**

Simply Core  
Melanie

**10:10 - 11:05**

Rückenfit  
Isabel

**Samedi , 11.03**

**10:00 - 10:55**

Zumba  
Deniz

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Fabienne

**Dimanche , 12.03**