

### Lundi , 18.12

#### 09:00 - 09:55

Yoga  
Laura

#### 10:05 - 11:00

Upcon  
Melanie

#### 18:00 - 18:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mardi , 19.12

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 10:10 - 11:05

Rückenfit  
Isabel

### Mercredi , 20.12

#### 09:00 - 09:55

Zumba  
Sibylle

#### 10:10 - 11:05

Cycling  
Carlo

#### 18:00 - 18:55

BBP (Bauch, Beine,  
Po) / Bodytone  
Tea

#### 19:00 - 19:55

Cycling  
Barbara

### Jeudi , 21.12

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 18:00 - 18:55

Power Yoga  
Neira

### Vendredi , 22.12

#### 08:50 - 09:20

P.I.I.T  
Melanie

#### 09:30 - 10:00

Simply Core  
Melanie

### Samedi , 23.12

#### 10:00 - 10:55

Zumba  
Deniz

#### 11:10 - 12:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Dimanche , 24.12

#### 10:00 - 10:55

Cycling  
Sandra