

**Lundi , 08.01**

**09:00 - 09:55**

Yoga  
Laura

**10:05 - 11:00**

Upcon  
Melanie

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Mardi , 09.01**

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Ariane

**10:10 - 11:05**

Rückenfit  
Isabel

**18:00 - 18:00**

TRX  
Anita

**19:00 - 19:55**

Pump  
Franziska

**Mercredi , 10.01**

**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 , 11.01**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Yoga  
Isabel

**18:00 - 18:55**

Power Yoga  
Neira

**Vendredi , 12.01**

**08:50 - 09:20**

P.I.I.T  
Melanie

**09:30 - 10:00**

Simply Core  
Melanie

**10:10 - 11:05**

Rückenfit  
Isabel

**Samedi , 13.01**

**10:00 - 10:55**

Zumba  
Karina

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Dimanche , 14.01**

**09:30 - 10:25**

Cycling  
Sandra

**10:40 - 11:35**

BBP (Bauch, Beine, Po) /  
Bodytone  
Graziella