

### Lundi , 07.10

#### 09:00 - 09:55

Yoga  
Laura

#### 18:00 - 18:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Mardi , 08.10

#### 09:00 - 09:55

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

#### 10:10 - 11:05

Rückenfit  
Isabelle

#### 18:30 - 19:25

Pump  
Graziella

### Mercredi , 09.10

#### 18:00 - 18:55

Step'n Tone  
Graziella

#### 19:05 - 20:00

Cycling  
Barbara

### Jeudi , 10.10

#### 09:00 - 09:55

BBP (Bauch, Beine,  
Po) / Bodytone  
Ariane

#### 10:10 - 11:05

Yoga  
Isabel

#### 18:00 - 18:55

TRX  
Melanie

#### 19:05 - 20:00

Power Yoga  
Elissa

### Vendredi , 11.10

#### 08:50 - 09:20

P.I.I.T  
Melanie

#### 09:30 - 10:00

Simply Core  
Melanie

#### 10:10 - 11:05

Rückenfit  
Isabel

### Samedi , 12.10

#### 10:00 - 10:55

Zumba  
Deniz

#### 11:10 - 12:05

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

### Dimanche , 13.10

#### 09:30 - 10:25

Cycling  
Manuel

#### 10:35 - 11:25

BBP (Bauch, Beine, Po) /  
Bodytone  
Fabienne