

**Lundi , 09.12**

**09:00 - 09:55**

Yoga  
Laura

**10:05 - 11:00**

Upcon  
Melanie

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Mardi , 10.12**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Rückenfit  
Isabel

**18:30 - 19:25**

Pump  
Graziella

**Mercredi , 11.12**

**09:00 - 09:55**

Zumba  
Sibylle

**10:10 - 11:05**

Cycling  
Carlo

**18:00 - 18:55**

Step'n Tone  
Graziella

**19:05 - 20:00**

Cycling  
Barbara

**Jeudi , 12.12**

**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 , 13.12**

**08:50 - 09:20**

P.I.I.T  
Melanie

**09:30 - 10:00**

Simply Core  
Melanie

**10:10 - 11:05**

Rückenfit  
Isabel

**Samedi , 14.12**

**10:00 - 10:55**

Zumba  
Deniz

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Dimanche , 15.12**

**09:30 - 10:25**

Cycling  
Saskia

**10:35 - 11:25**

BBP (Bauch, Beine, Po) /  
Bodytone  
Saskia