

**Lundi , 09.12**

**12:15 - 12:45**

*P.I.I.T*  
Melanie

**18:10 - 19:05**

*Pump*  
Saskia

**19:15 - 20:10**

*Functional Workout*  
Saskia

**Mardi , 10.12**

**09:00 - 09:55**

*Yoga*  
Laura

**10:10 - 11:05**

*Zumba*  
Felicia

**12:10 - 13:05**

*Pump*  
Graziella

**18:00 - 18:55**

*Pilates*  
Geneviève

**19:05 - 20:00**

*Functional Workout*  
Bianca

**Mercredi , 11.12**

**08:45 - 09:40**

*BBP (Bauch, Beine, Po) / Bodytone*  
Angelica

**09:50 - 10:45**

*Rückenfit*  
Sonja

**18:00 - 18:55**

*Powerstep*  
Priska

**19:05 - 20:00**

*Yoga*  
Bettina

**Jeudi , 12.12**

**09:30 - 10:25**

*Pilates*  
Geneviève

**12:15 - 12:45**

*Upcon*  
Melanie

**18:00 - 18:55**

*BBP (Bauch, Beine, Po) / Bodytone*  
Natalie

**19:05 - 20:00**

*Pump*  
Cristian

**20:10 - 21:05**

*Zumba*  
Felicia

**Vendredi , 13.12**

**08:30 - 09:25**

*BBP (Bauch, Beine, Po) / Bodytone*  
Graziella

**Samedi , 14.12**

**09:30 - 10:25**

*Step'n Tone*  
Nicole

**Dimanche , 15.12**

**10:00 - 10:55**

*BBP (Bauch, Beine, Po) / Bodytone*  
Fabienne