

Lundi , 10.07

**09:55 - 10:50**

*Pump*  
Laura

**17:55 - 18:50**

*Pump*  
Manuela

**19:00 - 19:55**

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

Mardi , 11.07

Mercredi , 12.07

**09:15 - 10:10**

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

**17:55 - 18:50**

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

**19:00 - 19:55**

*Pilates*  
Manuela

**20:05 - 21:00**

*Zumba*  
Sabina

Jeudi , 13.07

**09:30 - 10:25**

*Yoga*  
Alexandra

**18:00 - 18:30**

*P.I.I.T*  
Laura

**18:30 - 18:55**

*Simply Core*  
Laura

**19:10 - 20:05**

*Pump*  
Laura

Vendredi , 14.07

**12:15 - 13:10**

*Pump*  
Manuela

Samedi , 15.07

Dimanche , 16.07

**08:45 - 09:40**

*Pump*  
Laura

**10:00 - 10:30**

*Simply Core*  
Laura