

Lundi , 11.09

**08:00 - 08:55**

Yoga  
Laura

**09:15 - 09:45**

P.I.I.T  
Laura

**09:55 - 10:50**

Pump  
Laura

**17:55 - 18:50**

Pump  
Manuela

**19:00 - 19:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Annina

Mardi , 12.09

**09:30 - 10:25**

Zumba  
Sabina

**17:55 - 18:50**

Pump  
Laura

**19:00 - 19:55**

Zumba  
Sabina

**20:05 - 21:00**

Yoga  
Nadine

Mercredi , 13.09

**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  
Eva

**20:05 - 21:00**

Zumba  
Sabina

Jeudi , 14.09

**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 , 15.09

**09:15 - 10:10**

BBP (Bauch, Beine, Po) /  
Bodytone  
Laura

**10:15 - 10:45**

Simply Core  
Laura

**12:15 - 13:10**

Pump  
Manuela

Samedi , 16.09

Dimanche , 17.09

**09:00 - 09:55**

Pump  
Manuela

**10:00 - 10:30**

Simply Core  
Manuela