

**Lundi , 19.09**

**09:10 - 10:05**

*Pilates*  
Barbara

**18:00 - 18:55**

*Zumba*  
Lorianne

**19:15 - 20:10**

*Pump*  
Tanja

**Mardi , 20.09**

**09:10 - 10:05**

*Power Yoga*  
Alla

**12:15 - 12:45**

*Simply Core*  
Bettina

**18:00 - 18:55**

*Pilates*  
Barbara

**Mercredi , 21.09**

**12:15 - 12:45**

*Upcon*  
Bettina

**19:00 - 19:55**

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

**Jeudi , 22.09**

**09:10 - 10:05**

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

**19:00 - 19:55**

*Power Yoga*  
Silvana

**Vendredi , 23.09**

**Samedi , 24.09**

**09:10 - 10:05**

*Upcon*  
Bettina

**Dimanche , 25.09**