

**Lundi , 31.07**

**09:10 - 10:05**

*Pilates*  
Barbara

**12:15 - 12:45**

*Pump i.t.*  
Yvonne

**19:15 - 20:10**

*Pump*  
Yvonne

**Mardi , 01.08**

**09:10 - 10:05**

*Power Yoga*  
Alla

**Mercredi , 02.08**

**12:15 - 12:45**

*Upcon*  
Bettina

**19:00 - 19:55**

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

**Jeudi , 03.08**

**18:15 - 19:10**

*Pump*  
Silvana

**19:20 - 20:15**

*Power Yoga*  
Silvana

**Vendredi , 04.08**

**Samedi , 05.08**

**09:10 - 10:05**

*Upcon*  
Bettina

**Dimanche , 06.08**