

**Lundi , 30.10**

**09:10 - 10:05**

*Yoga*  
Chiara

**12:15 - 12:45**

*Upcon*  
Bettina

**19:15 - 20:10**

*Pump*  
Noy

**Mardi , 31.10**

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Power Yoga*  
Katrin

**Mercredi , 01.11**

**Jeudi , 02.11**

**09:10 - 10:05**

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

**18:15 - 19:10**

*Pump*  
Silvana

**19:20 - 20:15**

*Power Yoga*  
Silvana

**Vendredi , 03.11**

**Samedi , 04.11**

**Dimanche , 05.11**