

**Lundi , 04.12**

**09:10 - 10:05**

*Pilates*  
Barbara

**12:15 - 12:45**

*Pump i.t.*  
Yvonne

**18:15 - 19:00**

*Step Aerobic*  
Dario

**19:15 - 20:10**

*Pump*  
Yvonne

**Mardi , 05.12**

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Power Yoga*  
Camille

**Mercredi , 06.12**

**12:15 - 12:45**

*Upcon*  
Debi

**19:00 - 19:55**

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

**Jeudi , 07.12**

**09:10 - 10:05**

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

**18:15 - 19:10**

*Pump*  
Silvana

**19:20 - 20:15**

*Power Yoga*  
Silvana

**Vendredi , 08.12**

**Samedi , 09.12**

**Dimanche , 10.12**

**10:00 - 10:55**

*Pump*  
Silvana