

**Lundi , 11.12**

**09:10 - 10:05**

*Pilates*  
Barbara

**18:15 - 19:00**

*Step Aerobic*  
Dario

**19:15 - 20:10**

*Pump*  
Silvana

**Mardi , 12.12**

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Yoga*  
Chiara

**Mercredi , 13.12**

**12:15 - 12:45**

*Upcon*  
Debi

**19:00 - 19:55**

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

**Jeudi , 14.12**

**09:10 - 10:05**

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

**18:15 - 19:10**

*Pump*  
Silvana

**19:20 - 20:15**

*Power Yoga*  
Silvana

**Vendredi , 15.12**

**Samedi , 16.12**

**Dimanche , 17.12**

**10:00 - 10:55**

*Power Yoga*  
Camille