

**Lundi , 31.03**

**09:10 - 10:05**

*Rückengymnastik*  
Esther

**18:15 - 19:00**

*Step Aerobic*  
Dario

**19:15 - 20:10**

*Pump*  
Mischa

**Mardi , 01.04**

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Rückengymnastik*  
Esther

**Mercredi , 02.04**

**09:10 - 10:05**

*Yoga*  
Nicole

**19:00 - 19:55**

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

**Jeudi , 03.04**

**18:30 - 19:25**

*Muscle Work*  
Noy

**19:30 - 20:25**

*BodyART International*  
Noy

**Vendredi , 04.04**

**Samedi , 05.04**

**Dimanche , 06.04**

**09:30 - 10:25**

*Yoga*  
Nicole