

**Lundi , 09.10**

**09:10 - 09:40**

*Pump i.t.*  
Janine

**09:45 - 10:15**

*P.I.I.T*  
Janine

**18:00 - 18:55**

*Pump*  
Sophie

**Mardi , 10.10**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**Mercredi , 11.10**

**09:10 - 10:05**

*Pump*  
Raphael

**10:10 - 10:40**

*Simply Core*  
Raphael

**19:00 - 19:55**

*Pump*  
Janine

**Jeudi , 12.10**

**09:10 - 10:05**

*Functional Workout*  
Janine

**18:30 - 19:25**

*Upcon*  
Sophie

**19:35 - 20:30**

*Pilates*  
Manuela

**Vendredi , 13.10**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samedi , 14.10**

**Dimanche , 15.10**

**09:10 - 10:05**

*Pump*  
Barbara