

### Lundi , 04.12

**09:10 - 09:40**

*Pump i.t.*  
Lydia

**09:45 - 10:15**

*P.I.I.T*  
Lydia

**18:00 - 18:55**

*Pump*  
Sophie

**19:05 - 19:35**

*P.I.I.T*  
Rahel

### Mardi , 05.12

**18:00 - 18:55**

*Power Yoga*  
Manuela

### Mercredi , 06.12

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

### Jeudi , 07.12

**09:10 - 10:05**

*Functional Workout*  
Barbara

**18:45 - 19:40**

*Pump*  
Janine

### Vendredi , 08.12

**10:15 - 11:10**

*Pilates*  
Yvette

### Samedi , 09.12

### Dimanche , 10.12

**09:10 - 10:05**

*Pump*  
Sandra