

**Lundi , 02.12**

**09:10 - 10:05**

*Pump*  
Lydia

**10:10 - 10:40**

*P.I.I.T*  
Lydia

**18:00 - 18:30**

*P.I.I.T*  
Rahel

**18:40 - 19:35**

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

**Mardi , 03.12**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**19:05 - 19:35**

*Stretching*  
Manuela

**Mercredi , 04.12**

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**Jeudi , 05.12**

**09:10 - 10:05**

*Functional Workout*  
Lydia

**18:45 - 19:40**

*Pump*  
Janine

**Vendredi , 06.12**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samedi , 07.12**

**Dimanche , 08.12**

**09:10 - 10:05**

*Power Yoga*  
Manuela