

Lundi , 17.02

**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 , 18.02

**18:00 - 18:55**

*Power Yoga*  
Manuela

**19:05 - 19:35**

*Stretching*  
Manuela

Mercredi , 19.02

**09:10 - 10:05**

*Pump*  
Lydia

**10:10 - 10:40**

*Simply Core*  
Lydia

Jeudi , 20.02

**09:10 - 10:05**

*Functional Workout*  
Sara

**18:45 - 19:40**

*Pump*  
Janine

Vendredi , 21.02

Samedi , 22.02

Dimanche , 23.02

**09:10 - 10:05**

*Upcon*  
Sophie