

**Lundi , 04.12**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Functional Workout*  
Manu

**10:00 - 10:30**

*Simply Core*  
Manu

**12:00 - 12:55**

*Pump*  
Manu

**18:00 - 18:55**

*Cycling*  
Patrick

**19:00 - 19:55**

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

**Mardi , 05.12**

**09:00 - 09:55**

*Yoga*  
Jeannette

**19:00 - 19:30**

*P.I.I.T*  
Carmen

**Mercredi , 06.12**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**10:05 - 11:00**

*Pilates*  
Manu

**18:00 - 18:55**

*Cycling*  
Ruedi

**19:00 - 19:55**

*Pump*  
Erika

**Jeudi , 07.12**

**18:00 - 18:55**

*Pilates*  
Monica

**19:00 - 19:55**

*Functional Workout*  
Monica

**Vendredi , 08.12**

**08:00 - 08:55**

*Rückengymnastik*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

**17:30 - 18:25**

*Pump*  
Melanie

**Samedi , 09.12**

**09:00 - 09:55**

*Pump*  
Manu

**Dimanche , 10.12**

**09:00 - 09:55**

*Cycling*  
Ruedi