

### Lundi , 11.12

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Functional Workout</i> Manu	<b>10:00 - 10:30</b> <i>Simply Core</i> Manu	<b>12:00 - 12:55</b> <i>Pump</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Patrick	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
---------------------------------------------	-----------------------------------------------------------	----------------------------------------------------	---------------------------------------------	---------------------------------------------------	----------------------------------------------------------------------------

### Mardi , 12.12

<b>09:00 - 09:55</b> <i>Yoga</i> Jeannette	<b>19:00 - 19:30</b> <i>P.I.I.T</i> Carmen
--------------------------------------------------	--------------------------------------------------

### Mercredi , 13.12

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Fitboxe</i> Manu	<b>10:05 - 11:00</b> <i>Pilates</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Ruedi	<b>19:00 - 19:55</b> <i>Pump</i> Erika
---------------------------------------------	------------------------------------------------	------------------------------------------------	-------------------------------------------------	----------------------------------------------

### Jeudi , 14.12

<b>18:00 - 18:55</b> <i>Pilates</i> Monica	<b>19:00 - 19:55</b> <i>Functional Workout</i> Monica
--------------------------------------------------	-------------------------------------------------------------

### Vendredi , 15.12

<b>08:00 - 08:55</b> <i>Rückengymnastik</i> Manu	<b>09:05 - 10:00</b> <i>Pump</i> Manu	<b>17:30 - 18:25</b> <i>Pump</i> Melanie
--------------------------------------------------------	---------------------------------------------	------------------------------------------------

### Samedi , 16.12

<b>09:00 - 09:55</b> <i>P.I.I.T</i> Carmen
--------------------------------------------------

### Dimanche , 17.12

<b>09:00 - 09:55</b> <i>Cycling</i> Ruedi
-------------------------------------------------