

**Lundi , 30.09**

**18:00 - 18:55**

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

**19:10 - 20:05**

*Zumba*  
Karin

**Mardi , 01.10**

**18:00 - 18:25**

*Functional Workout*  
Marina

**18:30 - 19:25**

*TRX*  
Marina

**Mercredi , 02.10**

**17:50 - 18:45**

*Stretching*  
Angela

**Jeudi , 03.10**

**18:00 - 18:55**

*TRX*  
Marina

**19:10 - 20:05**

*Zumba*  
Karin

**Vendredi , 04.10**

**Samedi , 05.10**

**Dimanche , 06.10**

**10:00 - 10:55**

*Functional Workout*  
Cynthia