

Lundi , 20.02

**08:30 - 09:25**

Yoga  
Lisa

**09:45 - 10:40**

Pilates  
Monika

**18:20 - 19:15**

Pump  
Jasmin

**19:30 - 20:25**

Yoga  
Seraina

Mardi , 21.02

**09:10 - 10:05**

MC (Mental Centering)  
Matthias

**18:10 - 18:40**

P.I.I.T  
Janina

**18:50 - 19:45**

BBP (Bauch, Beine, Po) /  
Bodytone  
Renata

Mercredi , 22.02

**08:00 - 08:55**

Pilates  
Monika

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Monika

**18:50 - 19:45**

Dance Aerobic / Dance  
Mix  
Monika

**20:00 - 20:55**

Yoga  
Silvana

Jeudi , 23.02

**08:30 - 09:25**

Rückengymnastik  
Liz

**09:35 - 10:30**

Pump  
Adriana

**19:10 - 20:05**

Fighttime 55'  
Maria

Vendredi , 24.02

**09:00 - 09:55**

Pump  
Vicky

**10:05 - 11:00**

Yoga  
Michaela

Samedi , 25.02

Dimanche , 26.02