

Lundi , 27.02

**08:30 - 09:25**

Yoga  
Liliya

**09:45 - 10:40**

Pilates  
Monika

**18:20 - 19:15**

Pump  
Marlis

**19:30 - 20:25**

Yoga  
Seraina

Mardi , 28.02

**09:10 - 10:05**

MC (Mental Centering)  
Matthias

**18:10 - 18:40**

P.I.I.T  
Sara

**18:50 - 19:45**

BBP (Bauch, Beine, Po) /  
Bodytone  
Renata

Mercredi , 01.03

**08:00 - 08:55**

Pilates  
Monika

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Monika

**18:50 - 19:45**

Dance Aerobic / Dance  
Mix  
Patrick Juvet

**20:00 - 20:55**

Yoga  
Silvana

Jeudi , 02.03

**08:30 - 09:25**

Rückengymnastik  
Liz

**19:10 - 20:05**

Fighttime 55'  
Maria

Vendredi , 03.03

**09:00 - 09:55**

Pump  
Vicky

**10:05 - 11:00**

Yoga  
Michaela

Samedi , 04.03

Dimanche , 05.03