

Lundi , 13.03

<b>08:30 - 09:25</b> <i>Yoga</i> Lisa	<b>09:45 - 10:40</b> <i>Pilates</i> Monika	<b>18:20 - 19:15</b> <i>Pump</i> Marlis	<b>19:30 - 20:25</b> <i>Yoga</i> Seraina
---	--	---	--

Mardi , 14.03

<b>09:10 - 10:05</b> <i>MC (Mental Centering)</i> Matthias	<b>18:10 - 18:40</b> <i>P.I.I.T</i> Janina	<b>18:50 - 19:45</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata
--	--	--

Mercredi , 15.03

<b>08:00 - 08:55</b> <i>Pilates</i> Monika	<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	<b>18:50 - 19:45</b> <i>Dance Aerobic / Dance Mix</i> Patrick Juvet	<b>20:00 - 20:55</b> <i>Yoga</i> Silvana
--	--	---	--

Jeudi , 16.03

<b>08:30 - 09:25</b> <i>Rückengymnastik</i> Liz	<b>09:35 - 10:30</b> <i>Pump</i> Adriana	<b>19:10 - 20:05</b> <i>Fighttime 55'</i> Maria
---	--	---

Vendredi , 17.03

<b>09:00 - 09:55</b> <i>Pump</i> Adriana	<b>10:05 - 11:00</b> <i>Yoga</i> Silvana
--	--

Samedi , 18.03

Dimanche , 19.03