

Lundi , 01.04

**10:30 - 12:00**

*P.I.I.T Special*  
Ajla

Mardi , 02.04

**09:10 - 10:05**

*MC (Mental Centering)*  
Matthias

**18:00 - 18:30**

*P.I.I.T*  
Ajla

**18:40 - 19:35**

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

Mercredi , 03.04

**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 , 04.04

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Adriana

Vendredi , 05.04

**09:00 - 09:55**

*Pump*  
Ajla

**10:05 - 11:00**

*Yoga*  
Nadine

Samedi , 06.04

Dimanche , 07.04