

Lundi , 15.04

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| 08:30 - 09:25 Yoga Lisa | 09:45 - 10:40 Pilates Monika | 18:20 - 19:15 Pump Marlis | 19:30 - 20:25 Pilates Ajla |
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Mardi , 16.04

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| 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 |
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Mercredi , 17.04

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| 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 |
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Jeudi , 18.04

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| 08:30 - 09:25 Rückengymnastik Liz | 09:35 - 10:30 Pump Adriana |
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Vendredi , 19.04

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| 09:00 - 09:55 Pump Ajla | 10:05 - 11:00 Yoga Michaela |
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Samedi , 20.04

Dimanche , 21.04