

Montag , 14.10

12:15 - 12:45 <i>P.I.I.T</i> Melanie	18:10 - 19:05 <i>Pump</i> Saskia	19:15 - 20:10 <i>Functional Workout</i> Saskia
---	---	---

Dienstag , 15.10

09:00 - 09:55 <i>Yoga</i> Laura	10:10 - 11:05 <i>Zumba</i> Felicia	12:10 - 13:05 <i>Pump</i> Graziella	18:00 - 18:55 <i>Pilates</i> Geneviève	19:05 - 20:00 <i>Functional Workout</i> Vanessa
--	---	--	---	--

Mittwoch , 16.10

08:45 - 09:40 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Angelica	09:50 - 10:45 <i>Rückenfit</i> Sonja	18:00 - 18:55 <i>Powerstep</i> Fabienne	19:05 - 20:00 <i>Yoga</i> Fabienne
--	---	--	---

Donnerstag , 17.10

09:30 - 10:25 <i>Pilates</i> Geneviève	12:15 - 12:45 <i>Upcon</i> Melanie	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Natalie	19:05 - 20:00 <i>Pump</i> Cristian	20:10 - 21:05 <i>Zumba</i> Felicia
---	---	---	---	---

Freitag , 18.10

08:30 - 09:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Graziella

Samstag , 19.10

09:30 - 10:25 <i>Step'n Tone</i> Priska
--

Sonntag , 20.10

10:00 - 10:55 <i>Functional Workout</i> Vanessa
--