

Montag , 13.02

**08:30 - 09:25**

Yoga  
Lisa

**09:45 - 10:40**

Pilates  
Monika

**18:20 - 19:15**

Pump  
Marlis

**19:30 - 20:25**

Yoga  
Seraina

Dienstag , 14.02

**09:10 - 10:05**

MC (Mental Centering)  
Liz

**18:10 - 18:40**

P.I.I.T  
Janina

**18:50 - 19:45**

BBP (Bauch, Beine, Po) /  
Bodytone  
Nadine

Mittwoch , 15.02

**08:00 - 08:55**

Pilates  
Silvana

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Liz

**18:50 - 19:45**

Dance Aerobic / Dance  
Mix  
Patrick Juvet

**20:00 - 20:55**

Yoga  
Silvana

Donnerstag , 16.02

**08:30 - 09:25**

Rückengymnastik  
Liz

**09:35 - 10:30**

Pump  
Adriana

**19:10 - 20:05**

Fighttime 55'  
Maria

Freitag , 17.02

**09:00 - 09:55**

Pump  
Vicky

**10:05 - 11:00**

Yoga  
Michaela

Samstag , 18.02

Sonntag , 19.02