

Montag , 11.09

**08:30 - 09:25**

*Pilates*  
Katalin

**09:45 - 10:40**

*Pilates*  
Monika

**18:20 - 19:15**

*Pump*  
Marlis

**19:30 - 20:25**

*Yoga*  
Seraina

Dienstag , 12.09

**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*  
Renata

Mittwoch , 13.09

**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

Donnerstag , 14.09

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Adriana

Freitag , 15.09

**09:00 - 09:55**

*Pump*  
Ajla

**10:05 - 11:00**

*Yoga*  
Michaela

Samstag , 16.09

Sonntag , 17.09