

**Lundi , 05.12**

**09:05 - 10:00**

*Pilates*  
Cordelia

**10:10 - 11:05**

*Pilates*  
Cordelia

**18:00 - 18:55**

*TRX*  
Marc

**20:05 - 21:00**

*TRX*  
Marc

**Mardi , 06.12**

**18:00 - 18:55**

*Pilates*  
Claudia

**Mercredi , 07.12**

**09:15 - 10:10**

*TRX*  
Marc

**17:45 - 18:40**

*Fighttime 55'*  
Patricia

**Jeudi , 08.12**

**09:15 - 10:10**

*Pilates*  
Silvana

**18:40 - 19:35**

*TRX*  
Marc

**19:50 - 20:45**

*TRX*  
Marc

**Vendredi , 09.12**

**09:15 - 10:10**

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

**Samedi , 10.12**

**Dimanche , 11.12**