

**Lundi , 23.12**

**09:15 - 10:10**

*Pilates*  
Astrid

**18:15 - 18:45**

*P.I.I.T*  
Claude

**19:00 - 19:55**

*Pump*  
Jasmin

**19:00 - 19:55**

*Cycling*  
Yves

**20:05 - 21:00**

*Rückenfit*  
Claudia

**Mardi , 24.12**

**Mercredi , 25.12**

**Jeudi , 26.12**

**Vendredi , 27.12**

**08:30 - 09:25**

*Yoga*  
Nadine

**09:30 - 10:25**

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

**Samedi , 28.12**

**Dimanche , 29.12**