

**Lundi , 15.12**

**09:15 - 10:10**

*Pilates*  
 Astrid

**18:15 - 18:45**

*P.I.I.T*  
 Claude

**19:00 - 19:55**

*Pump*  
 Ramona

**19:00 - 19:55**

*Cycling*  
 Yves

**20:05 - 21:00**

*Rückenfit*  
 Claudia

**Mardi , 16.12**

**09:00 - 09:55**

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

**10:00 - 10:55**

*Deep Stretch*  
 Andrea

**19:00 - 19:55**

*Fitboxe*  
 Sandy

**20:00 - 20:55**

*Power Yoga*  
 Klaudia

**Mercredi , 17.12**

**08:30 - 09:25**

*Pilates*  
 Andrea

**09:35 - 10:30**

*Pump*  
 Jasmin

**18:30 - 19:25**

*Pump*  
 Sandy

**Jeudi , 18.12**

**09:00 - 09:55**

*Zumba*  
 Petra

**10:00 - 10:55**

*Yoga*  
 Nevin

**18:00 - 18:55**

*Zumba*  
 Petra

**19:05 - 20:00**

*Fitboxe*  
 Sandy

**20:15 - 21:10**

*Cycling*  
 Sandra

**Vendredi , 19.12**

**08:30 - 09:25**

*Yoga*  
 Michaela

**09:30 - 10:25**

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

**Samedi , 20.12**

**Dimanche , 21.12**