

**Lundi , 16.10**

**07:00 - 07:55**

*Yoga*  
Vivian

**12:15 - 12:45**

*P.I.I.T*  
Luana

**17:15 - 18:00**

*Functional Workout*  
Bianca

**18:05 - 19:00**

*Yoga*  
Neira

**19:05 - 20:00**

*Pump*  
Cristian

**Mardi , 17.10**

**12:15 - 13:00**

*Yoga*  
Neira

**18:00 - 18:55**

*Kick Power*  
Isabelle

**19:00 - 19:55**

*Zumba*  
Deniz

**Mercredi , 18.10**

**12:15 - 13:00**

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

**17:15 - 18:10**

*Pilates*  
Isabelle

**18:15 - 19:10**

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

**19:15 - 20:10**

*Pump*  
Saskia

**Jeudi , 19.10**

**12:15 - 12:45**

*P.I.I.T*  
Bianca

**18:00 - 18:55**

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

**19:00 - 19:55**

*Pump*  
Angelica

**Vendredi , 20.10**

**12:15 - 13:00**

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

**17:30 - 18:00**

*Simply Core*  
Naima

**18:10 - 19:05**

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

**Samedi , 21.10**

**Dimanche , 22.10**

**10:00 - 11:30**

*Special Kickpower meets Functional Team*