

**Lundi , 04.08**

**14:00 - 15:00**

*Best Agers*  
Erblin

**18:00 - 18:55**

*Les Mills Bodypump*  
Djamshed

**19:10 - 20:05**

*Bodycombat*  
Djamshed

**20:15 - 20:50**

*Core Training*  
Djamshed

**Mardi , 05.08**

**09:00 - 09:55**

*Pilates*  
Miroslava

**17:40 - 18:35**

*Zumba*  
Daniela

**17:40 - 18:35**

*Rückenfit*  
Daniela

**18:00 - 18:45**

*X Train*  
Jaromir

**18:50 - 19:55**

*Jumping*  
Djamshed

**20:05 - 21:00**

*BoxingFitness*  
Philippe

**Mercredi , 06.08**

**08:00 - 09:00**

*Best Agers*  
Erblin

**09:00 - 09:55**

*Zumba*  
Daniela

**10:00 - 10:55**

*Yoga*  
Keith

**16:55 - 17:50**

*Les Mills Bodypump*  
Djamshed

**18:00 - 18:55**

*Bodycombat*  
Djamshed

**19:10 - 20:05**

*Pilates*  
Miroslava

**Jeudi , 07.08**

**18:00 - 19:00**

*X Train*  
Flavio

**18:00 - 18:55**

*Jumping*  
Djamshed

**19:15 - 19:50**

*Core Training*  
Djamshed

**Vendredi , 08.08**

**09:00 - 09:55**

*Bodycombat*  
Nicole

**18:00 - 18:55**

*BoxingFitness*  
Philippe

**Samedi , 09.08**

**09:30 - 10:45**

*Yoga 75min*  
Laura

**Dimanche , 10.08**

**10:00 - 11:30**

*Bodycombat & Core*  
Djamshed