

### Lundi , 31.10

#### 09:15 - 10:10

*BodyART International*  
Mirjam

#### 17:45 - 18:40

*Pump*  
Christian

#### 18:50 - 19:45

*Bodycombat*  
Michael

#### 20:00 - 20:55

*Bodybalance*  
Jacqueline

### Mardi , 01.11

#### 09:10 - 10:05

*Pump*  
Eliane

#### 12:15 - 13:10

*Yoga*  
Irene

#### 17:45 - 18:40

*Pump*  
Esther

#### 19:00 - 19:55

*Pilates*  
Simone Lisa

### Mercredi , 02.11

#### 06:30 - 07:25

*Cycling*  
Adriano

#### 09:10 - 10:05

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

#### 12:15 - 13:10

*Interval Training*  
Mirjam

#### 17:30 - 18:25

*Pump*  
Sonia

#### 18:45 - 19:40

*Bodycombat*  
Sonia

### Jeudi , 03.11

#### 12:15 - 13:10

*BodyART International*  
Mirjam

#### 18:00 - 18:55

*Cycling*  
Marcel

#### 19:15 - 20:10

*Pump*  
Andrea

### Vendredi , 04.11

#### 09:10 - 10:05

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

#### 10:20 - 11:15

*Pilates*  
Serena

#### 12:15 - 13:10

*Bodycombat*  
Jacqueline

#### 17:30 - 18:25

*Cycling*  
Adriano

#### 18:40 - 19:35

*BodyART International*  
Mirjam

### Samedi , 05.11

#### 09:30 - 10:25

*Pump*  
Jeannine

#### 10:35 - 11:30

*Bodycombat*  
Jacqueline

#### 11:45 - 12:40

*Bodybalance*  
Jacqueline

### Dimanche , 06.11

#### 11:30 - 12:45

*Interval Training*  
Mirjam