

**Lundi , 04.12**

**09:10 - 10:05**

*BodyART  
International  
Mirjam*

**12:15 - 13:10**

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

**17:45 - 18:40**

*Pump  
Christian*

**18:50 - 19:45**

*Bodycombat  
Jeannine*

**20:00 - 20:55**

*Bodybalance  
Jacqueline*

**Mardi , 05.12**

**09:10 - 10:05**

*Pump  
Natascha*

**12:15 - 13:10**

*BodyART International  
Mirjam*

**17:45 - 18:40**

*Pump  
Esther*

**19:00 - 19:55**

*Pilates  
Simone Lisa*

**Mercredi , 06.12**

**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  
Ariane*

**18:45 - 19:40**

*Bodycombat  
Laura*

**Jeudi , 07.12**

**12:15 - 13:10**

*BodyART International  
Mirjam*

**18:00 - 18:55**

*Cycling  
Marcel*

**19:15 - 20:10**

*Pump  
Andrea*

**Vendredi , 08.12**

**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  
Nadia*

**Samedi , 09.12**

**09:30 - 10:25**

*Pump  
Jeannine*

**10:35 - 11:30**

*Bodycombat  
Jacqueline*

**11:45 - 12:40**

*Bodybalance  
Jacqueline*

**Dimanche , 10.12**

**11:30 - 12:25**

*Interval Training  
Mirjam*

**12:30 - 13:00**

*Bauch Express  
Mirjam*