

### Lundi , 10.10

**08:00 - 08:55**

Yoga  
Nadine

**09:15 - 09:45**

P.I.I.T  
Laura

**09:55 - 10:50**

Pump  
Laura

**17:55 - 18:50**

Pump  
Manuela

**19:00 - 19:55**

BBP (Bauch, Beine, Po) / Bodytone  
Annina

### Mardi , 11.10

**09:30 - 10:25**

Zumba  
Sabina

**19:00 - 19:55**

Zumba  
Miriam

**20:05 - 21:00**

Yoga  
Nadine

### Mercredi , 12.10

**09:15 - 10:10**

BBP (Bauch, Beine, Po) / Bodytone  
Fabienne

**17:55 - 18:50**

BBP (Bauch, Beine, Po) / Bodytone  
Manuela

**19:00 - 19:55**

Pilates  
Eva

**20:05 - 21:00**

Zumba  
Sabina

### Jeudi , 13.10

**09:30 - 10:25**

Yoga  
Alexandra

**18:00 - 18:30**

P.I.I.T  
Laura

**18:30 - 18:55**

Simply Core  
Laura

**19:10 - 20:05**

Pump  
Laura

### Vendredi , 14.10

**09:15 - 10:10**

BBP (Bauch, Beine, Po) / Bodytone  
Manuela

**12:00 - 12:55**

Pump  
Manu

### Samedi , 15.10

**10:00 - 10:55**

BBP (Bauch, Beine, Po) / Bodytone  
Nena Nevenka

### Dimanche , 16.10

**10:00 - 10:30**

Pump i.t.  
Laura

**10:35 - 11:05**

Simply Core  
Laura