

**Lundi , 23.01**

**18:00 - 18:55**

*Pump*  
Sophie

**19:05 - 19:35**

*P.I.I.T*  
Sara

**19:45 - 20:40**

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

**Mardi , 24.01**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**19:05 - 20:00**

*Upcon*  
Sophie

**Mercredi , 25.01**

**09:10 - 10:05**

*Pump*  
Barbara

**10:15 - 10:45**

*Simply Core*  
Barbara

**18:20 - 18:50**

*Simply Core*  
Lydia

**19:00 - 19:55**

*Pump*  
Janine

**Jeudi , 26.01**

**09:10 - 10:05**

*Functional Workout*  
Barbara

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

**Vendredi , 27.01**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samedi , 28.01**

**Dimanche , 29.01**

**09:10 - 10:05**

*Pump*  
Lydia