

Monday, 06.12

09:00 - 09:55

Pilates
Desirée

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

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

Tuesday, 07.12

09:00 - 09:55

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

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Patrizia

19:10 - 20:05

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

Wednesday, 08.12

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

Pump
Graziella

19:10 - 20:05

Functional Workout
Claudia

Thursday, 09.12

09:00 - 09:55

Functional Workout
Ariane

10:10 - 11:05

Yoga
Isabel

19:10 - 20:05

TRX
Anita

Friday, 10.12

10:10 - 11:05

Rückenfit
Isabel

Saturday, 11.12

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

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

Sunday, 12.12

10:00 - 10:55

Cycling
Carlo