

**Lundi , 20.03**

**08:00 - 08:55**

*Pump*  
 Manu

**09:05 - 10:00**

*Functional  
 Workout*  
 Manu

**10:05 - 10:35**

*Simply Core*  
 Manu

**12:00 - 12:55**

*Pump*  
 Manu

**18:00 - 18:55**

*Cycling*  
 Patrick

**19:00 - 19:55**

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

**20:05 - 21:00**

*Yoga*  
 Franziska

**Mardi , 21.03**

**09:00 - 09:55**

*Yoga*  
 Jeannette

**Mercredi , 22.03**

**08:00 - 08:55**

*Pump*  
 Manu

**09:05 - 10:00**

*Fitboxe*  
 Manu

**10:05 - 11:00**

*Pilates*  
 Manu

**18:00 - 18:55**

*Cycling*  
 Ruedi

**19:05 - 20:00**

*Pump*  
 Erika

**Jeudi , 23.03**

**18:00 - 18:55**

*Pilates*  
 Monica

**19:00 - 19:55**

*Functional Workout*  
 Monica

**Vendredi , 24.03**

**09:00 - 09:55**

*Rückengymnastik*  
 Manu

**10:05 - 11:00**

*Pump*  
 Manu

**17:30 - 18:25**

*Pump*  
 Erika

**Samedi , 25.03**

**09:00 - 09:55**

*update Akademie Pump  
 Release*  
 Manu

**Dimanche , 26.03**