

### Montag , 16.06

**14:00 - 15:00**

*Best Agers*  
 Erblin

**18:00 - 18:55**

*Les Mills Bodypump*  
 Djamshed

**19:10 - 20:05**

*Bodycombat*  
 Djamshed

**20:15 - 20:50**

*Core Training*  
 Djamshed

### Dienstag , 17.06

**09:00 - 09:55**

*Pilates*  
 Miroslava

**17:40 - 18:35**

*Zumba*  
 Daniela

**17:40 - 18:35**

*Rückenfit*  
 Daniela

**18:00 - 18:45**

*X Train*  
 Jaromir

**18:50 - 19:55**

*Jumping*  
 Djamshed

**20:05 - 21:00**

*BoxingFitness*  
 Philippe

### Mittwoch , 18.06

**08:00 - 09:00**

*Best Agers*  
 Erblin

**09:00 - 09:55**

*Zumba*  
 Daniela

**10:00 - 10:55**

*Yoga*  
 Keith

**16:55 - 17:50**

*Les Mills Bodypump*  
 Djamshed

**18:00 - 18:55**

*Bodycombat*  
 Djamshed

**19:10 - 20:05**

*Pilates*  
 Miroslava

### Donnerstag , 19.06

**18:00 - 18:55**

*Jumping*  
 Djamshed

**18:00 - 19:00**

*X Train*  
 Flavio

**19:15 - 19:50**

*Core Training*  
 Djamshed

### Freitag , 20.06

**09:00 - 09:55**

*Bodycombat*  
 Nicole

**18:00 - 18:55**

*BoxingFitness*  
 Philippe

### Samstag , 21.06

**09:30 - 10:45**

*Yoga 75min*  
 Laura

### Sonntag , 22.06