

Montag , 18.08

**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 , 19.08

**09:00 - 09:55**

*Pilates*  
Miroslava

**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 , 20.08

**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 , 21.08

**18:00 - 19:00**

*X Train*  
Flavio

**18:00 - 18:55**

*Jumping*  
Djamshed

**19:15 - 19:50**

*Core Training*  
Djamshed

Freitag , 22.08

**09:00 - 09:55**

*Bodycombat*  
Nicole

**18:00 - 18:55**

*BoxingFitness*  
Philippe

Samstag , 23.08

**09:30 - 10:45**

*Yoga 75min*  
Laura

Sonntag , 24.08

**10:00 - 11:30**

*Bodycombat & Core*  
Djamshed