

**Montag , 15.05**

**09:15 - 10:10**

*Pump*  
Tiziana

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Tiziana

**Dienstag , 16.05**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**Mittwoch , 17.05**

**09:15 - 10:10**

*Rückenfit*  
Olivia

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

**20:00 - 20:55**

*Functional Workout*  
Nicole

**Donnerstag , 18.05**

**Freitag , 19.05**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**Samstag , 20.05**

**Sonntag , 21.05**

**10:00 - 10:55**

*Pump*  
Tiziana