

**Montag , 19.06**

**09:15 - 10:10**

*Pump*  
Tiziana

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Tiziana

**Dienstag , 20.06**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**Mittwoch , 21.06**

**09:15 - 10:10**

*Rückenfit*  
Tiziana

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

**20:00 - 20:55**

*Functional Workout*  
Nicole

**Donnerstag , 22.06**

**09:15 - 09:45**

*Upcon*  
Carmen

**09:50 - 10:45**

*Pilates*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Zumba*  
Chantal

**Freitag , 23.06**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Yvonne

**Samstag , 24.06**

**Sonntag , 25.06**

**10:00 - 10:55**

*Pump*  
Tiziana