

**Montag , 19.09**

**09:00 - 09:55**

Yoga  
Elissa

**10:10 - 11:05**

Pump  
Graziella

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Dienstag , 20.09**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Rückenfit  
Isabel

**18:30 - 19:25**

BBP (Bauch, Beine, Po) /  
Bodytone  
Claudia

**Mittwoch , 21.09**

**09:00 - 09:55**

Zumba  
Sibylle

**18:00 - 18:55**

Pump  
Graziella

**19:10 - 20:05**

TRX  
Graziella

**Donnerstag , 22.09**

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**10:10 - 11:05**

Yoga  
Isabel

**18:30 - 19:25**

Power Yoga  
Elissa

**Freitag , 23.09**

**09:00 - 09:55**

TRX  
Graziella

**10:10 - 11:05**

Rückenfit  
Isabel

**Samstag , 24.09**

**10:00 - 10:55**

Zumba  
Silvio

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Ariane

**Sonntag , 25.09**