

### Montag , 01.04

#### **10:00 - 10:55**

*Circuit Training*  
Angelina

### Dienstag , 02.04

#### **09:00 - 09:55**

*Pilates*  
Brigitta

#### **17:50 - 18:45**

*Rückenfit*  
Angelina

#### **19:00 - 19:55**

*Zumba*  
Sabrina

#### **20:10 - 21:05**

*Pump*  
Tamara

### Mittwoch , 03.04

#### **08:30 - 09:25**

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

#### **09:30 - 10:25**

*Yoga*  
Anya

#### **18:00 - 18:55**

*Pilates*  
Francesca Serena

### Donnerstag , 04.04

#### **09:00 - 09:55**

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

#### **10:00 - 10:55**

*Pilates*  
Marlene

#### **18:00 - 18:30**

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

#### **18:45 - 19:15**

*P.I.I.T*  
Mariella

### Freitag , 05.04

#### **10:00 - 10:55**

*Rückenfit*  
Martina

#### **17:30 - 18:25**

*Pump*  
Tamara

### Samstag , 06.04

#### **09:30 - 10:00**

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

#### **10:15 - 11:10**

*Pilates*  
Francesca Serena

### Sonntag , 07.04

#### **09:15 - 10:10**

*Yoga*  
Jasmin

#### **10:30 - 11:00**

*P.I.I.T*  
Sandra

#### **11:15 - 12:10**

*Zumba*  
Mariella