

**Montag , 24.07**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Functional Workout*  
Manu

**10:00 - 10:30**

*Simply Core*  
Manu

**19:00 - 19:55**

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

**Dienstag , 25.07**

**09:00 - 09:55**

*Yoga*  
Jeannette

**Mittwoch , 26.07**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**10:05 - 11:00**

*Pilates*  
Manu

**19:00 - 19:55**

*Pump*  
Melanie

**Donnerstag , 27.07**

**18:00 - 18:55**

*Pilates*  
Vicky

**19:00 - 19:55**

*Functional Workout*  
Vicky

**Freitag , 28.07**

**08:00 - 08:55**

*Rückengymnastik*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

**Samstag , 29.07**

**Sonntag , 30.07**