

Montag , 20.06

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

**10:10 - 11:05**

*Fighttime*  
Manu

**12:00 - 12:55**

*Pump*  
Manu

**18:00 - 18:55**

*Cycling*  
Ruedi

**19:10 - 20:05**

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

Dienstag , 21.06

**09:00 - 09:55**

*Pilates*  
Petra

**18:00 - 18:55**

*Pilates*  
Petra

**19:05 - 20:00**

*Fighttime*  
Rebecca

Mittwoch , 22.06

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**19:05 - 20:00**

*Pump*  
Erika

Donnerstag , 23.06

**18:00 - 18:55**

*Pilates*  
Monica

**19:10 - 20:05**

*Functional Workout*  
Monica

Freitag , 24.06

**09:00 - 09:55**

*Rückengymnastik*  
Manu

**10:05 - 11:00**

*Pump*  
Manu

**17:30 - 18:25**

*Pump*  
Vicky

Samstag , 25.06

Sonntag , 26.06