

**Montag , 11.07**

**08:00 - 08:55**

*Spiralkraft*  
Monika

**09:15 - 10:10**

*Dance Step*  
Christina

**17:50 - 18:45**

*Pump*  
Sandra

**19:00 - 19:55**

*Kick Power*  
Irene

**20:10 - 21:05**

*Pilates*  
Monika

**Dienstag , 12.07**

**09:10 - 09:40**

*P.I.I.T*  
Irene

**09:40 - 10:10**

*BBP Special*  
Irene

**18:00 - 18:55**

*Spiralkraft*  
Monika

**19:00 - 19:55**

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

**20:10 - 21:05**

*Zumba*  
Angela

**Mittwoch , 13.07**

**10:20 - 11:15**

*Rückengym Physio*  
Miriam

**19:00 - 19:55**

*Pump*  
Irene

**20:10 - 21:05**

*Yoga*  
Michaela

**Donnerstag , 14.07**

**10:20 - 11:15**

*Spiralkraft*  
Monika

**Freitag , 15.07**

**Samstag , 16.07**

**Sonntag , 17.07**

**10:00 - 10:55**

*Zumba*  
Diana