

**Montag , 24.07**

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**18:00 - 18:30**

*P.I.I.T*  
Myrta

**18:40 - 19:10**

*Simply Core*  
Myrta

**Dienstag , 25.07**

**19:00 - 19:55**

*Full Body Workout*  
Nicole

**Mittwoch , 26.07**

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**19:35 - 20:30**

*Functional Workout*  
Nicole

**Donnerstag , 27.07**

**18:00 - 18:55**

*Zumba*  
Andrea

**Freitag , 28.07**

**Samstag , 29.07**

**Sonntag , 30.07**