

**Lundi , 11.03**

**10:15 - 11:10**

*Pilates*  
Daniela

**19:00 - 19:55**

*Zumba*  
Eliane

**Mardi , 12.03**

**09:00 - 09:55**

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

**10:00 - 10:55**

*Rückenfit*  
Monica

**18:00 - 18:55**

*Yoga*  
Lei Rae

**19:45 - 20:40**

*Pump*  
Mengia Maria

**Mercredi , 13.03**

**08:45 - 09:25**

*Bodyworkout*  
Monica

**09:30 - 10:15**

*Interval Training*  
Monica

**10:15 - 11:10**

*Pilates*  
Daniela

**19:00 - 19:55**

*Zumba*  
Josephine

**Jeudi , 14.03**

**09:00 - 09:55**

*Rückenfit*  
Nicole

**Vendredi , 15.03**

**09:15 - 10:10**

*Zumba*  
Andrea

**Samedi , 16.03**

**Dimanche , 17.03**