

**Lundi , 06.05**

**09:00 - 09:55**

Zumba  
Deniz

**10:10 - 11:05**

Stretching  
Veronika

**12:15 - 13:05**

BBP (Bauch, Beine,  
Po) / Bodytone  
Brigitte

**18:00 - 18:30**

Core Training  
Simone

**18:35 - 19:30**

Functional Workout  
Simone

**Mardi , 07.05**

**08:30 - 09:25**

Pilates  
Veronika

**09:40 - 10:35**

Fit ab 60  
Veronika

**12:15 - 13:10**

Cycling  
Carlo

**18:00 - 18:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Veronika

**19:10 - 20:05**

BodyART  
Veronika

**Mercredi , 08.05**

**08:20 - 08:50**

Simply Core  
Isabel

**09:00 - 09:55**

Pump Workout  
Jenny

**10:10 - 11:05**

Sicher gehen  
Brigitte

**12:15 - 13:05**

BBP (Bauch,  
Beine, Po) /  
Bodytone  
Bianca

**18:00 - 18:55**

Pump Workout  
Simone

**19:10 - 20:05**

Pilates  
Veronika

**Jeudi , 09.05**

**09:30 - 10:25**

Pump meets surprise  
Isabel

**Vendredi , 10.05**

**08:45 - 09:40**

Pump Workout  
Jenny

**09:55 - 10:50**

Rückenfit  
Simone

**12:15 - 13:10**

Pump Workout  
Simone

**17:00 - 17:55**

Yoga  
Jenny

**Samedi , 11.05**

**09:15 - 10:10**

Pilates  
Veronika

**10:30 - 11:25**

Cycling  
Sandra

**Dimanche , 12.05**

**10:00 - 10:55**

Zumba  
Nicholay

**11:15 - 12:10**

Cycling  
Team