

**Lundi , 17.07**

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:00**

*P.I.I.T*  
Dominic

**19:15 - 20:10**

*Dance Aerobic / Dance Mix*  
Dominic

**Mardi , 18.07**

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:15 - 20:10**

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

**Mercredi , 19.07**

**09:00 - 09:55**

*Yoga*  
Giobana

**17:45 - 18:40**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Dominic

**Jeudi , 20.07**

**18:00 - 18:55**

*Yoga*  
Giobana

**Vendredi , 21.07**

**18:00 - 18:55**

*Functional Workout*  
Larissa

**Samedi , 22.07**

**Dimanche , 23.07**