

Lundi , 31.07

**09:15 - 10:10**

*Pump*  
Yvonne

Mardi , 01.08

Mercredi , 02.08

**09:15 - 10:10**

*Rückenfit*  
Olivia

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

Jeudi , 03.08

**09:15 - 09:45**

*Upcon*  
Carmen

**09:50 - 10:45**

*Pilates*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Zumba*  
Chantal

Vendredi , 04.08

**09:15 - 10:10**

*Functional Workout*  
Carmen

Samedi , 05.08

Dimanche , 06.08

**10:00 - 10:55**

*Pump*  
Tiziana