

**Lundi , 25.03**

**09:15 - 10:10**

*Pump*  
Tiziana

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Tiziana

**Mardi , 26.03**

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Full Body Workout*  
Nicole

**20:05 - 21:00**

*Yoga*  
Leonie

**Mercredi , 27.03**

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

**Jeudi , 28.03**

**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 , 29.03**

**Samedi , 30.03**

**Dimanche , 31.03**

**10:00 - 10:55**

*Pump*  
Tiziana