

Lundi , 29.04

**09:15 - 10:10**

*Pump*  
Tiziana

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Tiziana

Mardi , 30.04

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Full Body Workout*  
Nicole

**20:05 - 21:00**

*Yoga*  
Leonie

Mercredi , 01.05

**09:15 - 10:10**

*Rückenfit*  
Olivia

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

Jeudi , 02.05

**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**

*Aerobic*  
Francesco

Vendredi , 03.05

**09:30 - 10:25**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Francesco

Samedi , 04.05

Dimanche , 05.05

**10:00 - 10:55**

*Pump*  
Tiziana