

### Lundi , 12.08

#### 18:00 - 18:55

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

#### 19:05 - 20:00

*Pilates*  
Andrea

### Mardi , 13.08

#### 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 , 14.08

#### 09:15 - 10:10

*Rückenfit*  
Olivia

#### 18:00 - 18:30

*Simply Core*  
Sarina

#### 18:40 - 19:35

*Pump*  
Sarina

### Jeudi , 15.08

#### 09:15 - 09:45

*Upcon*  
Carmen

#### 09:50 - 10:45

*Pilates*  
Carmen

#### 18:00 - 18:55

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

### Vendredi , 16.08

#### 09:30 - 10:25

*Functional Workout*  
Carmen

#### 12:20 - 12:50

*Simply Core*  
Yvonne

### Samedi , 17.08

### Dimanche , 18.08

#### 10:00 - 10:55

*Pump*  
Sarina