

### Lundi , 11.03

**09:05 - 10:00**

*Pump*  
Katja

**10:10 - 10:55**

*Power Yoga*  
Katja

**18:00 - 18:55**

*Pump*  
Kim

**19:15 - 20:10**

*Fitboxe*  
Nicole

### Mardi , 12.03

**09:05 - 10:00**

*Rückengymnastik*  
Liz

**18:00 - 18:55**

*Zumba*  
Miriam

**19:05 - 20:00**

*Power Yoga*  
Michaela

### Mercredi , 13.03

**09:05 - 10:00**

*Pump*  
Ajla

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Veronica

### Jeudi , 14.03

**09:05 - 10:00**

*Pilates*  
Vasiliki

**18:00 - 18:55**

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

**19:00 - 19:55**

*Fitboxe*  
Sandy

### Vendredi , 15.03

**09:05 - 10:00**

*Zumba*  
Miriam

### Samedi , 16.03

### Dimanche , 17.03

**09:00 - 09:55**

*Pump*  
Ajla

**10:10 - 11:05**

*Pilates*  
Ajla