

**Lundi , 31.03**

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:30**

*P.I.I.T*  
Erendita

**18:30 - 19:25**

*Pump*  
Yvonne

**19:30 - 20:00**

*Stretching*  
Yvonne

**Mardi , 01.04**

**09:15 - 10:10**

*Functional Workout*  
Erendita

**18:00 - 18:55**

*Functional Workout*  
Sarina

**19:00 - 19:55**

*Power Yoga*  
Annika

**Mercredi , 02.04**

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:55**

*Yoga*  
Ladina

**19:15 - 20:10**

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

**Jeudi , 03.04**

**09:15 - 10:10**

*Yoga*  
Annaliese

**18:00 - 18:55**

*Pump*  
Sarina

**19:05 - 20:00**

*Pilates*  
Andrea

**Vendredi , 04.04**

**09:15 - 10:10**

*Pilates*  
Andrea

**18:00 - 18:55**

*Aerobic*  
Francesco

**Samedi , 05.04**

**Dimanche , 06.04**