

**Lundi , 20.03**

**09:00 - 09:55**

Yoga  
Elissa

**10:10 - 11:05**

Pump  
Graziella

**18:00 - 18:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Tea

**Mardi , 21.03**

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Melanie

**10:10 - 11:05**

Rückenfit  
Isabel

**18:00 - 18:55**

TRX  
Graziella

**19:00 - 19:55**

Step'n Tone  
Graziella

**Mercredi , 22.03**

**09:00 - 09:55**

Zumba  
Deniz

**10:10 - 11:05**

Cycling  
Carlo

**18:00 - 18:55**

Pump  
Cristian

**Jeudi , 23.03**

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Melanie

**10:10 - 11:05**

Yoga  
Isabel

**18:00 - 18:55**

Power Yoga  
Elissa

**19:00 - 19:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Tea

**Vendredi , 24.03**

**10:10 - 11:05**

Rückenfit  
Isabel

**Samedi , 25.03**

**10:00 - 10:55**

Zumba  
Deniz

**11:10 - 12:05**

BBP (Bauch, Beine, Po) /  
Bodytone  
Saskia

**Dimanche , 26.03**

**10:00 - 11:30**

Cycling Special  
Team