

**Lundi , 29.07**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Functional Workout*  
Manu

**10:00 - 10:30**

*Simply Core*  
Manu

**12:00 - 12:55**

*Pump*  
Manu

**19:00 - 19:55**

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

**Mardi , 30.07**

**09:00 - 09:55**

*Yoga*  
Jeannette

**Mercredi , 31.07**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**10:05 - 11:00**

*Pilates*  
Manu

**19:00 - 19:55**

*Pump*  
Melanie

**Jeudi , 01.08**

**Vendredi , 02.08**

**08:00 - 08:55**

*Rückengymnastik*  
Angelina

**09:05 - 10:00**

*Pump*  
Katja

**Samedi , 03.08**

**Dimanche , 04.08**