

**Lundi , 25.07**

**08:30 - 09:25**

*Yoga*  
Lisa

**09:45 - 10:40**

*Pilates*  
Monika

**18:20 - 19:15**

*Pump*  
Marlis

**19:30 - 20:25**

*Yoga*  
Seraina

**Mardi , 26.07**

**09:10 - 10:05**

*MC (Mental Centering)*  
Matthias

**18:50 - 19:45**

*BBP (Bauch, Beine, Po) /  
Bodytone*  
Nena Nevenka

**Mercredi , 27.07**

**08:00 - 08:55**

*Pilates*  
Monika

**09:00 - 09:55**

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

**20:00 - 20:55**

*Yoga*  
Seraina

**Jeudi , 28.07**

**08:30 - 09:25**

*Rückengymnastik*  
Vicky

**09:35 - 10:30**

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

**Vendredi , 29.07**

**09:00 - 09:55**

*Pump*  
Vicky

**Samedi , 30.07**

**Dimanche , 31.07**