

Lundi , 17.07

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| 08:30 - 09:25 Yoga Lisa | 09:45 - 10:40 Pilates Monika | 18:20 - 19:15 Pump Marlis | 19:30 - 20:25 Yoga Seraina |
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Mardi , 18.07

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| 09:10 - 10:05 MC (Mental Centering) Matthias | 18:50 - 19:45 BBP (Bauch, Beine, Po) / Bodytone Nena Nevenka |
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Mercredi , 19.07

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| 08:00 - 08:55 Pilates Monika | 09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika | 20:00 - 20:55 Pilates Claudia |
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Jeudi , 20.07

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| 08:30 - 09:25 Rückengymnastik Claudia | 09:35 - 10:30 Pump Adriana |
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Vendredi , 21.07

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| 09:00 - 09:55 Pump Vicky | 10:05 - 11:00 Yoga Franziska |
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Samedi , 22.07

Dimanche , 23.07