

**Lundi , 15.07**

**08:30 - 09:25**

*Yoga*  
Lisa

**09:45 - 10:40**

*Pilates*  
Monika

**18:20 - 19:15**

*Pump*  
Marlis

**19:30 - 20:25**

*Pilates*  
Erica

**Mardi , 16.07**

**09:10 - 10:05**

*MC (Mental Centering)*  
Matthias

**18:40 - 19:35**

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

**Mercredi , 17.07**

**08:00 - 08:55**

*Pilates*  
Monika

**09:00 - 09:55**

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

**20:00 - 20:55**

*Yoga*  
Silvana

**Jeudi , 18.07**

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Sandy

**Vendredi , 19.07**

**09:00 - 09:55**

*Pump*  
Katja

**10:05 - 11:00**

*Yoga*  
Michaela

**Samedi , 20.07**

**Dimanche , 21.07**