

### Montag , 16.09

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:00**

*P.I.I.T*  
Dominic

### Dienstag , 17.09

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:10 - 20:05**

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

### Mittwoch , 18.09

**09:00 - 09:55**

*Yoga*  
Giobana

**17:35 - 18:30**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

### Donnerstag , 19.09

**18:00 - 18:55**

*Yoga*  
Giobana

### Freitag , 20.09

**09:00 - 09:55**

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

**18:00 - 18:55**

*Functional Workout*  
Alina

**19:00 - 19:55**

*Zumba*  
Katarzyna

### Samstag , 21.09

### Sonntag , 22.09