

### Montag , 04.09

**09:15 - 10:10**

*Pump*  
Tiziana

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pilates*  
Tiziana

### Dienstag , 05.09

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**19:05 - 20:00**

*Dance Aerobic / Dance  
Mix*  
Larissa

### Mittwoch , 06.09

**09:15 - 10:10**

*Rückenfit*  
Olivia

**18:00 - 18:30**

*Simply Core*  
Tiziana

**18:40 - 19:35**

*Pump*  
Tiziana

**20:00 - 20:55**

*Functional Workout*  
Nicole

### Donnerstag , 07.09

**09:15 - 09:45**

*Upcon*  
Carmen

**09:50 - 10:45**

*Pilates*  
Carmen

**18:00 - 18:55**

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

### Freitag , 08.09

**09:15 - 10:10**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Yvonne

### Samstag , 09.09

### Sonntag , 10.09

**10:00 - 10:55**

*Pump*  
Tiziana