

### Montag , 23.09

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:30**

*P.I.I.T*  
Sarina

**18:30 - 19:25**

*Pump*  
Yvonne

**19:30 - 20:00**

*Stretching*  
Yvonne

### Dienstag , 24.09

**18:00 - 18:55**

*Functional Workout*  
Sarina

**19:00 - 19:55**

*Power Yoga*  
Jasmin R.

### Mittwoch , 25.09

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:55**

*Yoga*  
Ladina

**19:00 - 19:55**

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

### Donnerstag , 26.09

**09:15 - 10:10**

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

**18:00 - 18:55**

*Pump*  
Sarina

**19:05 - 20:00**

*Pilates*  
Andrea

### Freitag , 27.09

**09:15 - 10:10**

*Pilates*  
Andrea

**18:00 - 18:55**

*Full Body Workout*  
Nicole

### Samstag , 28.09

### Sonntag , 29.09