

### Montag , 15.05

**19:45 - 20:40**

*Functional Workout*  
Johana

### Dienstag , 16.05

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mittwoch , 17.05

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Ramona

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Donnerstag , 18.05

### Freitag , 19.05

**07:00 - 07:55**

*Yoga*  
Andreina

### Samstag , 20.05

### Sonntag , 21.05