

### Montag , 18.03

**16:15 - 17:10**

*Pilates*  
Caroline

**19:45 - 20:40**

*Functional Workout*  
Johana

### Dienstag , 19.03

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mittwoch , 20.03

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Nina

### Donnerstag , 21.03

**18:45 - 19:40**

*Yoga*  
Renata

**19:45 - 20:40**

*Upcon*  
Johana

### Freitag , 22.03

**09:45 - 10:40**

*Functional Workout*  
Johana

### Samstag , 23.03

### Sonntag , 24.03