

### Montag , 01.08

**09:10 - 10:05**

*Power yoga meets Pilates*  
Silvana

### Dienstag , 02.08

**09:10 - 10:05**

*Power Yoga*  
Esther

**12:15 - 12:45**

*Simply Core*  
Jenny

**18:00 - 18:55**

*Pilates*  
Barbara

### Mittwoch , 03.08

**19:00 - 19:55**

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

### Donnerstag , 04.08

**09:10 - 10:05**

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

**19:00 - 19:55**

*Power Yoga*  
Silvana

### Freitag , 05.08

### Samstag , 06.08

**09:10 - 10:05**

*Upcon*  
Bettina

### Sonntag , 07.08