

**Montag , 18.03**

**09:10 - 10:05**

*Pump*  
Lydia

**10:10 - 10:40**

*P.I.I.T*  
Lydia

**18:00 - 18:30**

*P.I.I.T*  
Rahel

**18:40 - 19:35**

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

**Dienstag , 19.03**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**Mittwoch , 20.03**

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

**Donnerstag , 21.03**

**09:10 - 10:05**

*Functional Workout*  
Sara

**18:45 - 19:40**

*Pump*  
Janine

**Freitag , 22.03**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samstag , 23.03**

**Sonntag , 24.03**

**09:10 - 10:05**

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