

### Montag , 15.08

**08:00 - 08:55**

*Pump*  
Vicky

**09:05 - 09:35**

*Pump i.t.*  
Vicky

**12:00 - 12:55**

*Pump*  
Vicky

**18:00 - 18:55**

*Cycling*  
Ruedi

**19:00 - 19:55**

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

### Dienstag , 16.08

**18:00 - 18:55**

*Pilates*  
Petra

**19:05 - 20:00**

*Fighttime*  
Rebecca

### Mittwoch , 17.08

**08:00 - 08:55**

*Pump*  
Vicky

**19:05 - 20:00**

*Pump*  
Erika

### Donnerstag , 18.08

**18:00 - 18:55**

*Pilates*  
Monica

**19:00 - 19:55**

*Functional Workout*  
Monica

### Freitag , 19.08

**09:00 - 09:55**

*Rückengymnastik*  
Monica

**10:05 - 11:00**

*Pump*  
Erika

**17:30 - 18:25**

*Pump*  
Vicky

### Samstag , 20.08

### Sonntag , 21.08