

### Montag , 15.07

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Functional Workout*  
Manu

**10:00 - 10:30**

*Simply Core*  
Manu

**12:00 - 12:55**

*Pump*  
Manu

**19:00 - 19:55**

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

### Dienstag , 16.07

**09:00 - 09:55**

*Yoga*  
Jeannette

### Mittwoch , 17.07

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**10:05 - 11:00**

*Pilates*  
Manu

**19:00 - 19:55**

*Pump*  
Melanie

### Donnerstag , 18.07

**18:00 - 18:55**

*Pilates*  
Angelina

**19:00 - 19:55**

*Functional Workout*  
Angelina

### Freitag , 19.07

**08:00 - 08:55**

*Rückengymnastik*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

### Samstag , 20.07

### Sonntag , 21.07