

Montag , 09.09

**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*  
Monica

Dienstag , 10.09

**09:00 - 09:55**

*Yoga*  
Jeannette

**19:00 - 19:30**

*P.I.I.T*  
Carmen

Mittwoch , 11.09

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Fitboxe*  
Manu

**10:05 - 11:00**

*Pilates*  
Manu

**19:00 - 19:55**

*Pump*  
Erika

Donnerstag , 12.09

**18:00 - 18:55**

*Pilates*  
Monica

**19:00 - 19:55**

*Power Yoga*  
Monica

Freitag , 13.09

**08:00 - 08:55**

*Rückengymnastik*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

**17:30 - 18:25**

*Pump*  
Erika

Samstag , 14.09

Sonntag , 15.09