

### Montag , 25.07

**08:30 - 09:25**

Yoga  
Lisa

**09:45 - 10:40**

Pilates  
Monika

**18:20 - 19:15**

Pump  
Marlis

**19:30 - 20:25**

Yoga  
Seraina

### Dienstag , 26.07

**09:10 - 10:05**

MC (Mental Centering)  
Matthias

**18:50 - 19:45**

BBP (Bauch, Beine, Po) /  
Bodytone  
Nena Nevenka

### Mittwoch , 27.07

**08:00 - 08:55**

Pilates  
Monika

**09:00 - 09:55**

BBP (Bauch, Beine, Po) /  
Bodytone  
Monika

**20:00 - 20:55**

Yoga  
Seraina

### Donnerstag , 28.07

**08:30 - 09:25**

Rückengymnastik  
Vicky

**09:35 - 10:30**

BBP (Bauch, Beine, Po) /  
Bodytone  
Vicky

### Freitag , 29.07

**09:00 - 09:55**

Pump  
Vicky

### Samstag , 30.07

### Sonntag , 31.07