

Montag , 29.05

Dienstag , 30.05

**09:10 - 10:05**

*MC (Mental Centering)*  
Matthias

**18:10 - 18:40**

*P.I.I.T*  
Janina

**18:50 - 19:45**

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

Mittwoch , 31.05

**08:00 - 08:55**

*Pilates*  
Monika

**09:00 - 09:55**

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

**18:50 - 19:45**

*Dance Aerobic / Dance  
Mix*  
Patrick Juvet

**20:00 - 20:55**

*Yoga*  
Silvana

Donnerstag , 01.06

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Adriana

**19:10 - 20:05**

*Fighttime 55'*  
Maria

Freitag , 02.06

**09:00 - 09:55**

*Pump*  
Vicky

**10:05 - 11:00**

*Yoga*  
Michaela

Samstag , 03.06

Sonntag , 04.06