

### Montag , 17.03

#### 08:30 - 09:25

Yoga  
Lisa

#### 09:45 - 10:40

Pilates  
Monika

#### 18:20 - 19:15

Pump  
Marlis

#### 19:30 - 20:25

Pilates  
Ajla

### Dienstag , 18.03

#### 09:10 - 10:05

MC (Mental Centering)  
Matthias

#### 18:40 - 19:35

BBP (Bauch, Beine, Po) /  
Bodytone  
Renata

### Mittwoch , 19.03

#### 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 , 20.03

#### 08:30 - 09:25

Rückengymnastik  
Liz

#### 09:35 - 10:30

Pump  
Adriana

#### 19:00 - 19:55

Bodybalance  
Daniela

### Freitag , 21.03

#### 09:00 - 09:55

Pump  
Ajla

#### 10:05 - 11:00

Yoga  
Michaela

### Samstag , 22.03

### Sonntag , 23.03