

### Montag , 11.03

#### 09:00 - 09:45

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

#### 18:15 - 19:10

*Cycling*  
Martina

#### 19:15 - 20:00

*Core Training*  
Carlos

### Dienstag , 12.03

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:00 - 12:50

*Cycling*  
Luigia

#### 18:15 - 19:10

*Pump*  
Coralie

#### 19:15 - 20:10

*Zumba*  
Jeanne-Fleur

### Mittwoch , 13.03

#### 09:00 - 09:55

*Pilates*  
Natalia

#### 12:00 - 12:45

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

#### 18:15 - 19:10

*Urban Dance*  
Florence

#### 19:15 - 20:10

*Cycling*  
Carlos

### Donnerstag , 14.03

#### 09:00 - 09:55

*Full Body Workout*  
Carlos

#### 12:00 - 12:45

*Step'n Tone*  
Svetlana

#### 18:15 - 19:10

*Interval Training*  
Jordane

### Freitag , 15.03

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 18:00 - 18:45

*Pump*  
Carlos

### Samstag , 16.03

### Sonntag , 17.03

#### 09:30 - 10:30

*Pump*  
Jordane