

### Montag , 19.05

#### 09:00 - 09:45

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

#### 12:15 - 13:00

*Pump*  
Martina

#### 18:15 - 19:00

*Core Training*  
Carlos

#### 19:15 - 20:10

*Fighttime 55'*  
Carlos

### Dienstag , 20.05

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:15 - 13:10

*Cycling*  
Carlos

#### 18:15 - 19:10

*Pump*  
Coralie

#### 19:15 - 20:10

*Zumba*  
Florence

### Mittwoch , 21.05

#### 09:00 - 09:55

*Pilates*  
Natalia

#### 18:15 - 19:10

*Urban Dance*  
Florence

#### 19:15 - 20:10

*Cycling*  
Carlos

### Donnerstag , 22.05

#### 09:00 - 09:55

*Full Body Workout*  
Carlos

#### 12:15 - 13:00

*Mobility*  
Svetlana

### Freitag , 23.05

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:15 - 13:00

*Core Training*  
Carlos

#### 18:00 - 18:45

*Pump*  
Carlos

### Samstag , 24.05

### Sonntag , 25.05

#### 09:30 - 10:30

*Pump*  
Svetlana