

Montag, 13.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|---------------|------|
| 08:30 - 09:30 | Boot Camp | Verena | |
| 09:30 - 10:30 | Pilates | Oksana | |
| 10:30 - 11:30 | Body Definition | Teresa | |
| 16:30 - 17:30 | Cardio Blast | Pam | |
| 18:00 - 18:30 | Functional Training | Floor Trainer | |
| 17:30 - 18:30 | Stars Iron | Paul | |
| 18:30 - 19:30 | Pilates | Oksana | |
| 19:30 - 20:30 | Salsaton | Ivan | |
| 20:30 - 21:30 | Yoga | Elena | |

Dienstag, 14.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|---------------|------|
| 07:30 - 08:30 | Good Morning Power | Marko | |
| 08:30 - 09:30 | Functional Training | Nick | |
| 09:30 - 10:30 | RückenYoga | Nick | |
| 16:30 - 17:30 | Bodywork | Theresa | |
| 17:30 - 18:30 | Bodyforming | Claudia | |
| 19:00 - 19:30 | Functional Training | Floor Trainer | |
| 18:30 - 19:30 | Medical Yoga | Elena | |
| 19:30 - 20:30 | Cardio Sixpack | Hamed | |

Mittwoch, 15.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|---------------|------|
| 08:30 - 09:30 | Backhealth | Nick | |
| 09:30 - 10:30 | Hot Iron | Marco | |
| 10:30 - 11:30 | HIT & Core | Mona | |
| 17:30 - 18:30 | Salsaton | Ivan | |
| 18:00 - 18:30 | Functional Training | Floor Trainer | |
| 18:30 - 19:30 | BauchBeinePo | Lucia | |
| 19:30 - 20:30 | Backhealth | Lucia | |

Donnerstag, 16.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|---------------|------|
| 08:30 - 09:30 | Bodywork | Carola | |
| 09:30 - 10:30 | Yoga | Elena | |
| 17:30 - 18:30 | Capoeira | Alan | |
| 18:30 - 19:30 | Amani | Suzi | |
| 19:00 - 19:30 | Functional Training | Floor Trainer | |
| 19:30 - 20:30 | Stars Iron | Azra | |
| 20:30 - 21:30 | Cardio Sixpack | Marko | |

Freitag, 17.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|--------------|---------|------|
| 07:30 - 08:30 | H.I.I.T. | Mona | |
| 09:30 - 10:30 | Pilates | | |
| 10:30 - 11:00 | Hot Iron | Azra | |
| 16:30 - 17:30 | BauchBeinePo | Pat | |
| 17:30 - 18:30 | Deepwork | Timea | |
| 18:30 - 19:30 | Boot Camp | Teresa | |
| 19:30 - 20:30 | Flow Yoga | Mona | |

Samstag, 18.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|---------|------|
| 09:30 - 10:30 | Bodywork | Leyla | |
| 10:30 - 11:30 | Capoeira | Alan | |
| 16:30 - 17:30 | Functional Training | Nick | |
| 17:30 - 18:30 | Yoga | Nick | |
| 18:30 - 19:30 | Stars Iron | Paul | |

Sonntag, 19.07.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|----------------|---------|------|
| 09:30 - 10:30 | Power Sculpt | Elvira | |
| 10:30 - 11:30 | Rücken Pilates | Elvira | |
| 16:30 - 17:30 | StepFatburning | Timea | |
| 17:30 - 18:30 | Hot Iron | Judith | |
| 18:30 - 19:30 | Pilates | Elvira | |