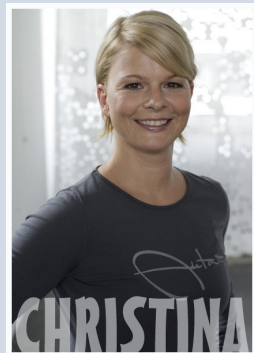


MO

9.00 - 12.30
16.00 - 21.30

9.30 - 10.40
ANTARA
Christina E/F
70 min.



17.00 - 18.00
**BODY
WORKOUT**
Christina E/F

18.10 - 19.10
STEP AEROBIC
Christina M

18.40 - 19.50
ANTARA
Christina E/F
70 min.

DI

9.00 - 12.30
16.00 - 21.30

17.30 - 18.30
DANCE!
Christina M/F

18.40 - 19.50
ANTARA
Christina E/F
70 min.

MI

9.00 - 12.30
16.00 - 21.30

9.30 - 10.30
**BODY
WORKOUT**
Christina E/F

10.40 - 11.40
**RÜCKEN
TRAINING**
Christina E/F

17.30 - 18.30
**BODY
WORKOUT**
Christina E/F

18.40 - 19.50
**RÜCKEN
TRAINING**
Christina E/F
70 min.

DO

9.00 - 12.30
16.00 - 21.30

9.30 - 11.00
**RÜCKEN
TRAINING
STRETCHING**
Christina E/F
90 min.

17.00 - 18.10
ANTARA
Christina E/F
70 min.

18.20 - 19.20
STEP AEROBIC
Christina F

FR

9.00 - 12.30
16.00 - 21.00



17.30 - 18.30
ZUMBA
Manuela E/F

18.40 - 19.40
**BODY
WORKOUT**
Manuela E/F

SA

9.30 - 12.30

10.00 - 11.00
**BODY
WORKOUT**
Christina/Manu E/F