

**Lundi , 14.10**

**09:30 - 10:25**

*Pilates*  
Caroline

**17:30 - 18:00**

*Les Mills Grit*  
Anna

**18:15 - 19:10**

*Cycling*  
Rene

**18:15 - 19:10**

*Faszien-Training*  
Olga

**19:30 - 20:30**

*Les Mills Bodypump*  
Nicole

**Mardi , 15.10**

**09:15 - 10:15**

*Les Mills Bodypump*  
Rebecca

**12:05 - 13:05**

*Les Mills Bodypump*  
Leah

**17:45 - 18:15**

*Les Mills CORE*  
Anna

**18:20 - 19:15**

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

**Mercredi , 16.10**

**09:30 - 10:25**

*Pilates*  
Caroline

**12:05 - 12:35**

*Les Mills CORE*  
Sonja

**12:35 - 13:05**

*Les Mills Grit*  
Sonja

**18:30 - 19:30**

*Les Mills Bodypump*  
Eszter

**19:45 - 20:40**

*Pilates*  
Olga

**Jeudi , 17.10**

**12:05 - 13:00**

*Pilates*  
Sonja

**18:30 - 19:25**

*Cycling*  
Rene

**18:30 - 19:30**

*Martial Art Fit*  
Dirk

**19:40 - 20:35**

*Faszien Yoga*  
Sonja

**Vendredi , 18.10**

**09:00 - 09:55**

*Faszien-Training*  
Carole

**12:05 - 13:05**

*Les Mills Bodypump*  
Elena

**Samedi , 19.10**

**09:30 - 10:30**

*Les Mills Bodypump*  
Eszter

**Dimanche , 20.10**

**10:00 - 11:00**

*Les Mills Bodypump*  
Sonja