

**Lundi , 23.10**

<b>09:00 - 10:00</b> <i>Zumba</i> Pilar	<b>10:10 - 11:10</b> <i>Stretching</i> Veronika	<b>12:15 - 13:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	<b>18:00 - 18:30</b> <i>Core Training</i> Simone	<b>18:30 - 19:30</b> <i>Functional Workout</i> Simone
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**Mardi , 24.10**

<b>08:30 - 09:30</b> <i>Pilates</i> Veronika	<b>09:40 - 10:40</b> <i>Fit ab 60</i> Veronika	<b>12:15 - 13:15</b> <i>Cycling</i> Carlo	<b>18:00 - 19:00</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Veronika	<b>19:10 - 20:10</b> <i>BodyART</i> Veronika
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**Mercredi , 25.10**

<b>08:20 - 08:50</b> <i>Core Training</i> Veronika	<b>09:00 - 10:00</b> <i>Pump Workout</i> Veronika	<b>10:10 - 11:10</b> <i>Sicher gehen</i> Brigitte	<b>12:15 - 13:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Cynthia	<b>18:00 - 19:00</b> <i>Pump Workout</i> Simone	<b>19:10 - 20:10</b> <i>Pilates</i> Veronika
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**Jeudi , 26.10**

**Vendredi , 27.10**

**Samedi , 28.10**

<b>09:15 - 10:15</b> <i>Pilates</i> Veronika	<b>10:30 - 11:30</b> <i>Cycling</i> Simone
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**Dimanche , 29.10**

<b>10:00 - 11:00</b> <i>Zumba</i> Nicholay	<b>11:15 - 12:15</b> <i>Cycling</i> Barbara
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