

### Lundi , 11.11

**09:10 - 10:05**

*Pump*  
Claudia

**18:05 - 19:00**

*Zumba*  
Adriana

**19:10 - 20:05**

*Pilates*  
Beatriz

### Mardi , 12.11

**09:10 - 10:05**

*Yoga*  
Katrin

**18:00 - 18:30**

*P.I.I.T*  
Petra

**18:45 - 19:40**

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

### Mercredi , 13.11

**18:15 - 19:10**

*Pump*  
Petra

**19:30 - 20:25**

*Power Yoga*  
Jasmin

### Jeudi , 14.11

**09:10 - 10:05**

*Zumba*  
Adriana

**18:30 - 19:25**

*Functional Workout*  
Nadine

### Vendredi , 15.11

**18:00 - 18:55**

*Powerstep*  
Adriana

### Samedi , 16.11

**09:30 - 10:00**

*P.I.I.T*  
Petra

**10:05 - 11:00**

*Pump*  
Petra

### Dimanche , 17.11

**09:30 - 10:25**

*Pump Special*  
Claudia