

### Lundi , 04.11

**17:30 - 18:25**

*Pilates*  
Caroline

**18:45 - 19:40**

*Step'n Tone*  
Sandra

### Mardi , 05.11

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

### Mercredi , 06.11

**10:00 - 10:55**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Jeudi , 07.11

**18:45 - 19:40**

*Yoga*  
Lisa

### Vendredi , 08.11

### Samedi , 09.11

### Dimanche , 10.11