

**Lundi , 16.10**

<b>08:30 - 09:25</b> Yoga Lisa	<b>09:45 - 10:40</b> Pilates Monika	<b>18:20 - 19:15</b> Pump Marlis	<b>19:30 - 20:25</b> Yoga Nevin
--------------------------------------	---	--	---------------------------------------

**Mardi , 17.10**

<b>09:10 - 10:05</b> MC (Mental Centering) Matthias	<b>18:10 - 18:40</b> P.I.I.T Ajla	<b>18:50 - 19:45</b> BBP (Bauch, Beine, Po) / Bodytone Renata
---	---	--

**Mercredi , 18.10**

<b>08:00 - 08:55</b> Pilates Monika	<b>09:00 - 09:55</b> BBP (Bauch, Beine, Po) / Bodytone Monika	<b>18:50 - 19:45</b> Dance Aerobic / Dance Mix Monika	<b>20:00 - 20:55</b> Yoga Silvana
---	--	--	---

**Jeudi , 19.10**

<b>08:30 - 09:25</b> Rückengymnastik Liz	<b>09:35 - 10:30</b> Pump Adriana
--	---

**Vendredi , 20.10**

<b>09:00 - 09:55</b> Pump Ajla	<b>10:05 - 11:00</b> Yoga Michaela
--------------------------------------	--

**Samedi , 21.10**

**Dimanche , 22.10**