

### Montag , 11.11

**09:05 - 10:00**

*Pilates*  
Melanie

**10:10 - 11:05**

*Pilates*  
Melanie

**18:00 - 18:55**

*TRX*  
Marc

**20:05 - 21:00**

*TRX*  
Marc

### Dienstag , 12.11

**18:00 - 18:55**

*Pilates*  
Claudia

**19:30 - 20:25**

*Pump*  
Nicole

### Mittwoch , 13.11

**18:50 - 19:45**

*Sypoba BodyBalance*  
Ilona

### Donnerstag , 14.11

**09:05 - 10:00**

*Pilates*  
Cordelia

**10:10 - 11:05**

*Pilates*  
Cordelia

**18:00 - 18:55**

*TRX*  
Adam

**19:10 - 20:05**

*TRX*  
Adam

### Freitag , 15.11

**09:15 - 10:10**

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

### Samstag , 16.11

**09:30 - 10:25**

*Pump*  
Nicole

### Sonntag , 17.11