

**Montag , 23.10**

<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>09:15 - 10:10</b> Pilates Cynthia	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>10:30 - 11:15</b> Physio Fit Marie	<b>12:15 - 13:00</b> BBP (Bauch, Beine, Po) / Bodytone Petra	<b>18:00 - 18:55</b> Functional Workout Lorna	<b>18:00 - 18:55</b> Yoga Regine	<b>19:00 - 19:45</b> Herzgruppe Fabienne
--	--	--	---	--	--	--	--

**Dienstag , 24.10**

<b>08:00 - 08:55</b> Herzgruppe Andrea	<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>12:15 - 13:00</b> Cycling Roberto	<b>14:00 - 14:55</b> Herzgruppe Andrea	<b>18:00 - 18:55</b> TRX Jerom	<b>18:00 - 18:55</b> Cycling Peter	<b>19:15 - 20:00</b> Pilates Ines
--	--	--	--	--	--------------------------------------	--	---

**Mittwoch , 25.10**

<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>09:10 - 10:05</b> Yoga Susan	<b>10:30 - 11:15</b> Physio Fit Marie	<b>12:15 - 13:00</b> Pump Bärbel	<b>18:00 - 18:55</b> Functional Workout Raphael
--	---------------------------------------	---	--	---

**Donnerstag , 26.10**

<b>08:00 - 08:55</b> Herzgruppe Andrea	<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>12:15 - 13:00</b> TRX David	<b>14:00 - 14:55</b> Herzgruppe Andrea
--	--	--	--------------------------------------	--

**Freitag , 27.10**

<b>10:00 - 10:45</b> Fit Gym Petra	<b>12:15 - 13:00</b> Pump Nicolle	<b>18:00 - 18:55</b> Functional Workout Raphael
--	---	---

**Samstag , 28.10**

<b>09:30 - 10:25</b> Zumba Idalmis	<b>10:00 - 10:55</b> Full Body Workout Lorna	<b>10:45 - 11:40</b> Yoga Neira
--	--	---------------------------------------

**Sonntag , 29.10**

<b>09:30 - 10:25</b> Cycling Petra	<b>10:45 - 11:40</b> Pump Nicolle
--	---