

**Montag , 18.11**

**09:15 - 10:10**

*Pilates*  
Cynthia

**10:30 - 11:25**

*Physio Fit*  
Team

**12:15 - 13:00**

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

**18:00 - 18:55**

*Functional Workout*  
Tamina

**18:00 - 18:55**

*Yoga*  
Regine

**19:00 - 19:55**

*Herzgruppe*  
Fabienne

**Dienstag , 19.11**

**12:15 - 13:00**

*Cycling*  
Roberto

**18:00 - 18:55**

*Cycling*  
Kathrin

**19:15 - 20:10**

*Pilates*  
Isabelle

**Mittwoch , 20.11**

**09:10 - 10:05**

*Yoga*  
Laura

**12:15 - 13:00**

*Pump*  
Bärbel

**18:00 - 18:55**

*Functional Workout*  
Raphael

**19:00 - 19:55**

*Functional Workout*  
Raphael

**Donnerstag , 21.11**

**12:15 - 13:00**

*TRX*  
Jerom

**Freitag , 22.11**

**10:00 - 10:45**

*Fit Gym*  
Jerom

**12:15 - 13:00**

*Pump*  
Nicolle

**18:00 - 18:55**

*Functional Workout*  
Raphael

**Samstag , 23.11**

**09:30 - 10:25**

*Zumba*  
Idalmis

**10:00 - 10:55**

*Functional Workout*  
Tamina

**10:45 - 11:40**

*Yoga*  
Martine

**Sonntag , 24.11**

**09:30 - 10:25**

*Cycling*  
Petra