

### Montag , 04.11

**08:50 - 09:45**

*Pump*  
Andrea

**09:55 - 10:50**

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

**18:00 - 18:55**

*Upcon*  
Céline H.

**19:10 - 20:05**

*Yoga Strength&Flow*  
Carmen

### Dienstag , 05.11

**10:00 - 10:55**

*Pilates*  
Beatriz

**18:00 - 18:55**

*Pump*  
Ruth

**19:10 - 20:05**

*Fitboxe*  
Rebecca

### Mittwoch , 06.11

**09:30 - 10:25**

*Functional Workout*  
Barbara

**18:30 - 19:25**

*Kick Power*  
Sarah

### Donnerstag , 07.11

**17:30 - 18:25**

*Zumba*  
Josephine

**18:45 - 19:40**

*Power Yoga*  
Bruno

### Freitag , 08.11

**09:00 - 09:55**

*Pump*  
Asena

**12:15 - 12:45**

*P.I.I.T*  
Rebecca

### Samstag , 09.11

**09:00 - 09:55**

*Pump*  
Ruth

**10:15 - 11:10**

*Fitboxe*  
Rebecca

### Sonntag , 10.11