

**Montag , 09.10**

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:00**

*P.I.I.T*  
Dominic

**19:15 - 20:10**

*Dance Aerobic / Dance Mix*  
Larissa

**Dienstag , 10.10**

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:15 - 20:10**

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

**Mittwoch , 11.10**

**09:00 - 09:55**

*Yoga*  
Giobana

**17:45 - 18:40**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

**Donnerstag , 12.10**

**09:30 - 10:25**

*Zumba*  
Katarzyna

**18:00 - 18:55**

*Yoga*  
Giobana

**19:15 - 20:10**

*Cycling*  
Remo

**Freitag , 13.10**

**18:00 - 18:55**

*Functional Workout*  
Larissa

**Samstag , 14.10**

**Sonntag , 15.10**