

### Montag , 23.10

**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**

*Zumba*  
Katarzyna

### Dienstag , 24.10

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:15 - 20:10**

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

### Mittwoch , 25.10

**09:00 - 09:55**

*Yoga*  
Giobana

**17:45 - 18:40**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

### Donnerstag , 26.10

**09:30 - 10:25**

*Zumba*  
Katarzyna

**18:00 - 18:55**

*Yoga*  
Giobana

**19:15 - 20:10**

*Cycling*  
Remo

### Freitag , 27.10

**18:00 - 18:55**

*Functional Workout*  
Larissa

### Samstag , 28.10

### Sonntag , 29.10