

**Montag , 04.12**

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:00**

*P.I.I.T*  
Dominic

**Dienstag , 05.12**

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**Mittwoch , 06.12**

**09:00 - 09:55**

*Yoga*  
Giobana

**17:35 - 18:30**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

**Donnerstag , 07.12**

**09:30 - 10:25**

*Zumba*  
Katarzyna

**19:15 - 20:10**

*Cycling*  
Remo

**Freitag , 08.12**

**18:00 - 18:55**

*Functional Workout*  
Larissa

**Samstag , 09.12**

**Sonntag , 10.12**