

**Montag , 30.09**

<b>09:30 - 10:25</b> <i>Pump</i> Carmen	<b>18:10 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Olivia	<b>19:05 - 20:00</b> <i>Pilates</i> Andrea
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**Dienstag , 01.10**

<b>09:15 - 10:10</b> <i>Functional Workout</i> Carmen	<b>10:15 - 10:45</b> <i>Stretching</i> Carmen	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne	<b>19:05 - 20:00</b> <i>Full Body Workout</i> Yvonne
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**Mittwoch , 02.10**

<b>09:15 - 10:10</b> <i>Rückenfit</i> Olivia	<b>18:00 - 18:30</b> <i>Simply Core</i> Sarina	<b>18:40 - 19:35</b> <i>Pump</i> Sarina
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**Donnerstag , 03.10**

<b>09:15 - 09:45</b> <i>Upcon</i> Team	<b>09:50 - 10:45</b> <i>Pilates</i> Team	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	<b>19:05 - 20:00</b> <i>Yoga</i> Leonie
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**Freitag , 04.10**

**Samstag , 05.10**

**Sonntag , 06.10**

<b>10:00 - 10:55</b> <i>Pump</i> Sarina
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