

Montag , 04.11

09:30 - 10:25 <i>Pump</i> Carmen	18:00 - 18:55 <i>Pump</i> Melanie	19:05 - 20:00 <i>Pilates</i> Andrea
---	--	--

Dienstag , 05.11

09:15 - 10:10 <i>Functional Workout</i> Carmen	10:15 - 10:45 <i>Stretching</i> Carmen	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne	19:05 - 20:00 <i>Fighttime 55'</i> Nicole
---	---	--	--

Mittwoch , 06.11

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

Donnerstag , 07.11

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

Freitag , 08.11

09:30 - 10:25 <i>Functional Workout</i> Melanie	12:20 - 12:50 <i>Simply Core</i> Yvonne
--	--

Samstag , 09.11

Sonntag , 10.11

10:00 - 10:55 <i>Functional Workout</i> Nicole
