

**Montag , 25.11**

<b>09:30 - 10:25</b> <i>Pump</i> Carmen	<b>18:00 - 18:55</b> <i>Pump</i> Melanie	<b>19:05 - 20:00</b> <i>Pilates</i> Andrea
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**Dienstag , 26.11**

<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>Fighttime 55'</i> Nicole
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**Mittwoch , 27.11**

<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 , 28.11**

<b>09:15 - 09:45</b> <i>Upcon</i> Carmen	<b>09:50 - 10:45</b> <i>Pilates</i> Carmen	<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 , 29.11**

<b>09:30 - 10:25</b> <i>Functional Workout</i> Carmen	<b>12:20 - 12:50</b> <i>Simply Core</i> Yvonne
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**Samstag , 30.11**

**Sonntag , 01.12**

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