

### Montag , 04.11

**09:15 - 10:10**

*Pilates*  
Eva

**18:00 - 18:55**

*Yoga*  
Nadine

**19:25 - 20:20**

*Pump*  
Katja

### Dienstag , 05.11

**09:30 - 10:25**

*Zumba*  
Miriam

**12:10 - 12:40**

*P.I.I.T*  
Daniela

**18:30 - 19:25**

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

### Mittwoch , 06.11

**17:30 - 18:25**

*Pilates*  
Vasiliki

**18:35 - 19:30**

*Pump*  
Vasiliki

**19:40 - 20:35**

*Zumba*  
Andrea

### Donnerstag , 07.11

**09:15 - 10:10**

*Full Body Workout*  
Daniela

**18:00 - 18:55**

*Yoga*  
Nadine

### Freitag , 08.11

**09:15 - 10:10**

*Yoga*  
Lisa

**18:00 - 18:55**

*Pilates*  
Aiyana

### Samstag , 09.11

### Sonntag , 10.11

**10:00 - 10:55**

*Zumba*  
Andrea