

### Montag , 04.11

**18:00 - 18:55**

*Pump*  
Leah

**19:15 - 20:10**

*Pilates*  
Rocio

### Dienstag , 05.11

**18:30 - 19:00**

*Simply Core*  
Rebecca

**19:00 - 19:55**

*Fighttime 55'*  
Rebecca

### Mittwoch , 06.11

**17:30 - 18:25**

*Pump*  
Leah

**18:35 - 19:05**

*P.I.I.T*  
Leah

### Donnerstag , 07.11

**18:30 - 19:25**

*Yoga*  
Iris

### Freitag , 08.11

### Samstag , 09.11

**11:00 - 11:55**

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

### Sonntag , 10.11