

### Montag , 11.11

**18:00 - 18:55**

*Pump*  
Leah

### Dienstag , 12.11

**18:30 - 19:00**

*Simply Core*  
Rebecca

**19:00 - 19:55**

*Fighttime 55'*  
Rebecca

### Mittwoch , 13.11

**17:30 - 18:25**

*Pump*  
Leah

**18:35 - 19:05**

*P.I.I.T*  
Leah

### Donnerstag , 14.11

**18:30 - 19:25**

*Yoga*  
Rocio

### Freitag , 15.11

### Samstag , 16.11

**11:00 - 11:55**

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

### Sonntag , 17.11