

### Montag , 04.11

**12:15 - 12:45**

*P.I.I.T*  
Melanie

**18:10 - 19:05**

*Pump*  
Saskia

**19:15 - 20:10**

*Functional Workout*  
Saskia

### Dienstag , 05.11

**09:00 - 09:55**

*Yoga*  
Laura

**12:10 - 13:05**

*Pump*  
Graziella

**18:00 - 18:55**

*Pilates*  
Geneviève

**19:05 - 20:00**

*Functional Workout*  
Vanessa

### Mittwoch , 06.11

**08:45 - 09:40**

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

**09:50 - 10:45**

*Rückenfit*  
Sonja

**18:00 - 18:55**

*Powerstep*  
Fabienne

**19:05 - 20:00**

*Yoga*  
Fabienne

### Donnerstag , 07.11

**09:30 - 10:25**

*Pilates*  
Geneviève

**12:15 - 12:45**

*Upcon*  
Melanie

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pump*  
Cristian

**20:10 - 21:05**

*Zumba*  
Felicia

### Freitag , 08.11

**08:30 - 09:25**

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

### Samstag , 09.11

**09:30 - 10:25**

*Step'n Tone*  
Priska

### Sonntag , 10.11

**10:00 - 10:55**

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