

### Montag , 30.10

**16:15 - 17:10**

*Pilates*  
Caroline

### Dienstag , 31.10

**08:30 - 09:25**

*Functional Yoga*  
Nina

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

### Mittwoch , 01.11

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Donnerstag , 02.11

### Freitag , 03.11

**07:00 - 07:55**

*Yoga*  
Bernadette

### Samstag , 04.11

### Sonntag , 05.11