

### Montag , 13.11

**19:45 - 20:40**

*Functional Workout*  
Johana

### Dienstag , 14.11

**08:30 - 09:25**

*Functional Yoga*  
Johana

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mittwoch , 15.11

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Donnerstag , 16.11

**18:45 - 19:40**

*Yoga*  
Johana

**19:45 - 20:40**

*Upcon*  
Johana

### Freitag , 17.11

**07:00 - 07:55**

*Yoga*  
Andreina

**09:45 - 10:40**

*Functional Workout*  
Johana

### Samstag , 18.11

### Sonntag , 19.11