

### Montag , 20.11

**16:15 - 17:10**

*Pilates*  
Caroline

**19:45 - 20:40**

*Functional Workout*  
Johana

### Dienstag , 21.11

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mittwoch , 22.11

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Donnerstag , 23.11

**18:45 - 19:40**

*Yoga*  
Johana

**19:45 - 20:40**

*Upcon*  
Johana

### Freitag , 24.11

**07:00 - 07:55**

*Yoga*  
Andreina

**09:45 - 10:40**

*Functional Workout*  
Johana

### Samstag , 25.11

### Sonntag , 26.11