

### Montag , 18.11

**17:30 - 18:25**

*Pilates*  
Caroline

### Dienstag , 19.11

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

### Mittwoch , 20.11

**10:00 - 10:55**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Bernadette

### Donnerstag , 21.11

**18:45 - 19:40**

*Yoga*  
Lisa

### Freitag , 22.11

### Samstag , 23.11

### Sonntag , 24.11