

### Montag , 02.10

**09:10 - 10:05**

*Pilates*  
Barbara

**12:15 - 12:45**

*Pump i.t.*  
Yvonne

**19:15 - 20:10**

*Pump*  
Yvonne

### Dienstag , 03.10

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Power Yoga*  
Katrin

### Mittwoch , 04.10

**12:15 - 12:45**

*Upcon*  
Bettina

**19:00 - 19:55**

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

### Donnerstag , 05.10

**09:10 - 10:05**

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

**18:15 - 19:10**

*Pump*  
Silvana

**19:20 - 20:15**

*Power Yoga*  
Silvana

### Freitag , 06.10

### Samstag , 07.10

**09:10 - 10:05**

*Upcon*  
Bettina

### Sonntag , 08.10