

Montag , 23.10

09:10 - 09:40 <i>Pump i.t.</i> Lydia	09:45 - 10:15 <i>P.I.I.T</i> Lydia	18:00 - 18:55 <i>Pump</i> Lydia	19:05 - 19:35 <i>P.I.I.T</i> Rahel
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Dienstag , 24.10

18:00 - 18:55 <i>Power Yoga</i> Manuela
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Mittwoch , 25.10

09:10 - 10:05 <i>Pump</i> Barbara	10:10 - 10:40 <i>Simply Core</i> Barbara	18:30 - 19:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	19:35 - 20:30 <i>Pilates</i> Monika
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Donnerstag , 26.10

09:10 - 10:05 <i>Functional Workout</i> Barbara	18:45 - 19:40 <i>Pump</i> Janine
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Freitag , 27.10

10:15 - 11:10 <i>Pilates</i> Yvette
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Samstag , 28.10

Sonntag , 29.10

09:10 - 10:05 <i>Pump</i> Lydia
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