

### Montag , 07.10

#### 09:10 - 10:05

*Pump*  
Lydia

#### 18:00 - 18:30

*P.I.I.T*  
Rahel

#### 18:40 - 19:35

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

### Dienstag , 08.10

#### 18:00 - 18:55

*Power Yoga*  
Manuela

#### 19:05 - 19:35

*Stretching*  
Manuela

### Mittwoch , 09.10

#### 09:10 - 10:05

*Upcon*  
Sophie

#### 10:10 - 10:40

*Simply Core*  
Sophie

### Donnerstag , 10.10

#### 09:10 - 10:05

*Functional Workout*  
Lydia

#### 18:45 - 19:40

*Pump*  
Janine

### Freitag , 11.10

#### 10:15 - 11:10

*Pilates*  
Yvette

### Samstag , 12.10

### Sonntag , 13.10

#### 09:10 - 10:05

*Pump*  
Lydia