

### Montag , 25.11

#### 09:10 - 10:05

*Pump*  
Lydia

#### 10:10 - 10:40

*P.I.I.T*  
Lydia

#### 18:00 - 18:30

*P.I.I.T*  
Rahel

#### 18:40 - 19:35

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

### Dienstag , 26.11

#### 18:00 - 18:55

*Power Yoga*  
Manuela

#### 19:05 - 19:35

*Stretching*  
Manuela

### Mittwoch , 27.11

#### 09:10 - 10:05

*Pump*  
Barbara

#### 10:10 - 10:40

*Simply Core*  
Barbara

### Donnerstag , 28.11

#### 09:10 - 10:05

*Functional Workout*  
Sara

#### 18:45 - 19:40

*Pump*  
Janine

### Freitag , 29.11

#### 10:15 - 11:10

*Pilates*  
Yvette

### Samstag , 30.11

### Sonntag , 01.12

#### 09:10 - 10:05

*Yoga*  
Nadine