

**Montag , 07.10**

**08:00 - 08:55**

*Pump*  
Melanie

**09:05 - 10:00**

*Functional Workout*  
Melanie

**10:00 - 10:30**

*Simply Core*  
Melanie

**12:00 - 12:55**

*Pump*  
Melanie

**19:00 - 19:55**

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

**Dienstag , 08.10**

**09:00 - 09:55**

*Yoga*  
Jeannette

**19:00 - 19:30**

*P.I.I.T*  
Carmen

**Mittwoch , 09.10**

**08:00 - 08:55**

*Pump*  
Irene

**09:05 - 10:00**

*Fitboxe*  
Irene

**10:05 - 11:00**

*Pilates*  
Irene

**19:00 - 19:55**

*Pump*  
Erika

**Donnerstag , 10.10**

**18:00 - 18:55**

*Pilates*  
Monica

**19:00 - 19:55**

*Power Yoga*  
Monica

**Freitag , 11.10**

**08:00 - 08:55**

*Rückengymnastik*  
Angelina

**09:05 - 10:00**

*Pump*  
Erika

**17:30 - 18:25**

*Pump*  
Melanie

**Samstag , 12.10**

**Sonntag , 13.10**