

### Montag , 07.10

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**18:00 - 18:30**

*P.I.I.T*  
Romana

**18:35 - 19:05**

*Simply Core*  
Romana

**20:00 - 20:55**

*Pump*  
Alexandra

### Dienstag , 08.10

**09:15 - 10:10**

*Pilates*  
Dominique

### Mittwoch , 09.10

**09:15 - 09:45**

*Simply Core*  
Romana

**09:50 - 10:20**

*P.I.I.T*  
Romana

**12:15 - 13:10**

*Pump*  
Jacqueline

**19:00 - 19:55**

*Pump*  
Alexandra

### Donnerstag , 10.10

**09:30 - 10:25**

*Yoga*  
Nadine

**18:00 - 18:55**

*Zumba*  
Andrea

**19:00 - 19:55**

*Pilates*  
Dominique

### Freitag , 11.10

### Samstag , 12.10

### Sonntag , 13.10