

### Montag , 30.09

**18:00 - 18:55**

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

**19:10 - 20:05**

*Zumba*  
Karin

### Dienstag , 01.10

**18:00 - 18:25**

*Functional Workout*  
Marina

**18:30 - 19:25**

*TRX*  
Marina

### Mittwoch , 02.10

**17:50 - 18:45**

*Stretching*  
Angela

### Donnerstag , 03.10

**18:00 - 18:55**

*TRX*  
Marina

**19:10 - 20:05**

*Zumba*  
Karin

### Freitag , 04.10

### Samstag , 05.10

### Sonntag , 06.10

**10:00 - 10:55**

*Functional Workout*  
Cynthia