

Montag , 09.10

08:30 - 09:25 Yoga Lisa	09:45 - 10:40 Pilates Monika	18:20 - 19:15 Pump Marlis	19:30 - 20:25 Yoga Seraina
--------------------------------------	---	--	---

Dienstag , 10.10

09:10 - 10:05 MC (Mental Centering) Matthias	18:10 - 18:40 P.I.I.T Ajla	18:50 - 19:45 BBP (Bauch, Beine, Po) / Bodytone Renata
---	---	--

Mittwoch , 11.10

08:00 - 08:55 Pilates Monika	09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika	18:50 - 19:45 Dance Aerobic / Dance Mix Sina	20:00 - 20:55 Yoga Silvana
---	--	--	---

Donnerstag , 12.10

08:30 - 09:25 Rückengymnastik Liz	09:35 - 10:30 Pump Ajla
--	--------------------------------------

Freitag , 13.10

09:00 - 09:55 Pump Ajla	10:05 - 11:00 Yoga Franziska
--------------------------------------	---

Samstag , 14.10

Sonntag , 15.10