

### Montag , 14.10

**08:30 - 09:25**

Yoga  
Lisa

**09:45 - 10:40**

Pilates  
Monika

**18:20 - 19:15**

Pump  
Marlis

**19:30 - 20:25**

Pilates  
Ajla

### Dienstag , 15.10

**09:10 - 10:05**

MC (Mental Centering)  
Matthias

**18:40 - 19:35**

BBP (Bauch, Beine, Po) /  
Bodytone  
Renata

### Mittwoch , 16.10

**08:00 - 08:55**

Pilates  
Monika

**09:00 - 09:55**

BBP (Bauch, Beine,  
Po) / Bodytone  
Monika

**18:50 - 19:45**

Dance Aerobic / Dance  
Mix  
Patrick Juvet

**20:00 - 20:55**

Yoga  
Silvana

### Donnerstag , 17.10

**08:30 - 09:25**

Rückengymnastik  
Liz

**09:35 - 10:30**

Pump  
Adriana

**19:00 - 19:55**

Yoga  
Vesna

### Freitag , 18.10

**09:00 - 09:55**

Pump  
Ajla

**10:05 - 11:00**

Yoga  
Michaela

### Samstag , 19.10

### Sonntag , 20.10