

### Montag , 18.11

#### 09:00 - 09:45

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

#### 12:00 - 12:45

*Pump*  
Martina

#### 18:15 - 19:00

*Core Training*  
Carlos

#### 19:15 - 20:10

*Fitboxe*  
Jaison

### Dienstag , 19.11

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:00 - 12:50

*Cycling*  
Carlos

#### 18:15 - 19:10

*Pump*  
Coralie

#### 19:15 - 20:10

*Zumba*  
Jeanne-Fleur

### Mittwoch , 20.11

#### 09:00 - 09:55

*Pilates*  
Natalia

#### 12:00 - 12:45

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

#### 18:15 - 19:10

*Urban Dance*  
Florence

#### 19:15 - 20:10

*Cycling*  
Carlos

### Donnerstag , 21.11

#### 09:00 - 09:55

*Full Body Workout*  
Carlos

#### 12:00 - 12:45

*Mobility*  
Svetlana

#### 18:15 - 19:10

*Cycling*  
Jordane

### Freitag , 22.11

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:00 - 12:45

*Core Training*  
Carlos

#### 18:00 - 18:45

*Pump*  
Carlos

### Samstag , 23.11

### Sonntag , 24.11

#### 09:30 - 10:30

*Pump*  
Svetlana