

### Lundi , 02.10

#### 09:00 - 09:55

BBP (Bauch,  
Beine, Po) /  
Bodytone  
Katja

#### 10:00 - 10:55

Yoga  
Katja

#### 12:15 - 12:45

P.I.I.T  
Linda

#### 18:00 - 18:55

BBP (Bauch,  
Beine, Po) /  
Bodytone  
Claudia

#### 19:00 - 19:55

Zumba  
Miriam

#### 20:00 - 20:55

Power Yoga  
Beatrice

### Mardi , 03.10

#### 09:00 - 09:55

Zumba Gold  
Petra

#### 10:00 - 10:55

Power Yoga  
Liliya

#### 17:25 - 17:55

P.I.I.T  
Linda

#### 18:00 - 18:55

Kick Power  
Nicole

#### 19:00 - 19:55

Pump  
Sandra

### Mercredi , 04.10

#### 09:30 - 10:00

Senioren Cycling  
Alexandra

#### 10:05 - 11:00

Rückengymnastik  
Alexandra

#### 18:00 - 18:55

BBP (Bauch, Beine,  
Po) / Bodytone  
Katja

#### 19:15 - 20:10

Cycling  
Julia

### Jeudi , 05.10

#### 06:15 - 07:10

Pilates  
Sandra

#### 09:30 - 10:25

Pilates  
Sara

#### 12:15 - 12:45

P.I.I.T  
Angela

#### 18:00 - 18:55

Pump  
Nicole

#### 19:05 - 20:00

Fitboxe  
Nicole

### Vendredi , 06.10

#### 09:00 - 09:55

Rückengymnastik  
Nicola

#### 10:00 - 10:55

Yoga  
Asal

#### 12:05 - 13:00

Pump  
Sandra

#### 19:00 - 19:55

Pilates  
Eva

### Samedi , 07.10

#### 09:30 - 10:25

Yoga  
Beatrice

### Dimanche , 08.10

#### 08:55 - 09:25

P.I.I.T  
Sandra

#### 09:30 - 10:25

Pump  
Sandra