

### Montag , 31.10

**09:05 - 10:00**

*Pilates*  
Cordelia

**10:10 - 11:05**

*Pilates*  
Cordelia

**18:00 - 18:55**

*TRX*  
Marc

**20:05 - 21:00**

*TRX*  
Marc

### Dienstag , 01.11

**18:00 - 18:55**

*Pilates*  
Claudia

### Mittwoch , 02.11

**09:15 - 10:10**

*TRX*  
Marc

**17:45 - 18:40**

*Fighttime 55'*  
Patricia

**18:45 - 19:40**

*Sypoba*  
Beat

### Donnerstag , 03.11

**09:15 - 10:10**

*Pilates*  
Silvana

**18:40 - 19:35**

*TRX*  
Marc

**19:50 - 20:45**

*TRX*  
Marc

### Freitag , 04.11

**09:15 - 10:10**

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

### Samstag , 05.11

### Sonntag , 06.11