

Montag , 09.10

**09:30 - 10:25**

*Pilates*  
Caroline

**17:30 - 18:00**

*Les Mills Grit*  
Anna

**18:15 - 19:10**

*Cycling*  
Rene

**18:15 - 19:10**

*Faszien-Training*  
Olga

**19:30 - 20:30**

*Les Mills Bodypump*  
Nicole

Dienstag , 10.10

**09:15 - 10:15**

*Les Mills Bodypump*  
Barbara

**12:05 - 13:05**

*Les Mills Bodypump*  
Tatiana

**17:45 - 18:15**

*Les Mills CORE*  
Ilona

**18:20 - 19:15**

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

Mittwoch , 11.10

**09:30 - 10:25**

*Pilates*  
Caroline

**12:05 - 12:35**

*Les Mills CORE*  
Sonja

**12:35 - 13:05**

*Les Mills Grit*  
Sonja

**18:30 - 19:30**

*Les Mills Bodypump*  
Eszter

**19:45 - 20:40**

*Pilates*  
Sonja

Donnerstag , 12.10

**12:05 - 13:00**

*Pilates*  
Sonja

**18:30 - 19:25**

*Cycling*  
Rene

**18:30 - 19:30**

*Martial Art Fit*  
Dirk

**19:40 - 20:35**

*Faszien Yoga*  
Sonja

Freitag , 13.10

**09:00 - 09:55**

*Faszien-Training*  
Carole

**12:05 - 13:05**

*Les Mills Bodypump*  
Elena

Samstag , 14.10

**09:30 - 10:30**

*Les Mills Bodypump*  
Monika

Sonntag , 15.10

**10:00 - 11:00**

*Les Mills Bodypump*  
Sonja