

### Montag , 17.11

**12:15 - 12:45**

*P.I.I.T*  
Melanie

**18:00 - 18:55**

*Pump*  
Saskia

**19:05 - 20:00**

*Functional Workout*  
Saskia

### Dienstag , 18.11

**09:00 - 09:55**

*Yoga*  
Laura

**10:10 - 11:05**

*Zumba*  
Felicia

**12:10 - 13:05**

*Muscle Work*  
Graziella

**18:00 - 18:55**

*Pilates*  
Geneviève

**19:05 - 20:00**

*Functional Workout*  
Vanessa

### Mittwoch , 19.11

**08:30 - 09:25**

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

**09:50 - 10:45**

*Rückenfit*  
Sonja

**18:00 - 18:55**

*Step Intervall*  
Fabienne

**19:05 - 20:00**

*Yoga*  
Fabienne

### Donnerstag , 20.11

**09:30 - 10:25**

*Pilates*  
Geneviève

**12:15 - 13:00**

*Interval Training*  
Melanie

**18:00 - 18:55**

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

**19:05 - 20:00**

*Pump*  
Cristian

**20:10 - 21:05**

*Zumba*  
Felicia

### Freitag , 21.11

**08:30 - 09:25**

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

### Samstag , 22.11

**09:30 - 10:25**

*Step'n Tone*  
Priska

### Sonntag , 23.11

**10:00 - 10:55**

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