

### Montag , 14.11

**08:00 - 08:55**

*Spiralkraft*  
Monika

**09:15 - 09:45**

*Senioren Cycling*  
Daniela

**09:15 - 10:10**

*Dance Step*  
Christina

**17:50 - 18:45**

*Pump*  
Sandra

**19:00 - 19:55**

*Kick Power*  
Irene

**19:00 - 19:55**

*Cycling*  
Ralph

**20:10 - 21:05**

*Pilates*  
Monika

### Dienstag , 15.11

**09:10 - 09:40**

*P.I.I.T*  
Irene

**09:40 - 10:10**

*BBP Special*  
Irene

**10:35 - 11:30**

*Rückengym Physio*  
Miriam

**18:00 - 18:55**

*Spiralkraft*  
Monika

**19:00 - 19:55**

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

**20:10 - 21:05**

*Zumba*  
Angela

### Mittwoch , 16.11

**09:10 - 10:05**

*Zumba*  
Miriam

**10:10 - 11:05**

*Pilates*  
Vasiliki

**17:50 - 18:45**

*Fitboxe*  
Karin

**19:00 - 19:55**

*Pump*  
Irene

**20:10 - 21:05**

*Yoga*  
Nadine

### Donnerstag , 17.11

**09:10 - 10:05**

*Pump*  
Irene

**10:20 - 11:15**

*Spiralkraft*  
Monika

**18:00 - 18:55**

*Rückengym Physio*  
Miriam

**19:00 - 19:30**

*P.I.I.T*  
Vivienne

**19:35 - 20:05**

*Simply Core*  
Vivienne

**20:10 - 21:05**

*Pilates*  
Monika

### Freitag , 18.11

**09:15 - 10:10**

*Yoga*  
Alexandra

**19:00 - 19:55**

*Yoga*  
Nina

### Samstag , 19.11

### Sonntag , 20.11

**10:00 - 10:55**

*Zumba*  
Angela