

**Montag , 30.09**

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**18:00 - 18:30**

*P.I.I.T*  
Myrta

**18:35 - 19:05**

*Simply Core*  
Myrta

**20:00 - 20:55**

*Pump*  
Darina

**Dienstag , 01.10**

**09:15 - 10:10**

*Pilates*  
Dominique

**Mittwoch , 02.10**

**09:15 - 09:45**

*Simply Core*  
Romana

**09:50 - 10:20**

*P.I.I.T*  
Romana

**12:15 - 13:10**

*Pump*  
Darina

**19:00 - 19:55**

*Pump*  
Alexandra

**Donnerstag , 03.10**

**09:30 - 10:25**

*Yoga*  
Nadine

**18:00 - 18:55**

*Zumba*  
Andrea

**19:00 - 19:55**

*Pilates*  
Dominique

**Freitag , 04.10**

**Samstag , 05.10**

**Sonntag , 06.10**