

### Montag , 20.11

#### 09:00 - 09:45

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

#### 12:00 - 12:45

*Pump*  
Marianne

#### 18:15 - 19:10

*Cycling*  
Martina

#### 19:15 - 20:10

*TRX*  
Carlos

### Dienstag , 21.11

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:00 - 12:50

*Cycling*  
Luigia

#### 18:15 - 19:10

*Pump*  
Coralie

#### 19:15 - 20:10

*Zumba*  
Jeanne-Fleur

### Mittwoch , 22.11

#### 09:00 - 09:55

*Pilates*  
Natalia

#### 12:00 - 12:45

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

#### 18:15 - 19:10

*Urban Dance*  
Florence

#### 19:15 - 20:10

*Cycling*  
Carlos

### Donnerstag , 23.11

#### 09:00 - 09:55

*Full Body Workout*  
Carlos

#### 12:00 - 12:45

*Step'n Tone*  
Svetlana

#### 18:15 - 19:10

*Interval Training*  
Jordane

### Freitag , 24.11

#### 09:00 - 09:55

*Yoga*  
Natalia

#### 12:00 - 12:55

*TRX*  
Carlos

#### 18:00 - 18:45

*Open Gym*  
Carlos

### Samstag , 25.11

### Sonntag , 26.11

#### 09:30 - 10:15

*Pump*  
Marianne