



| Montag  | Dienstag                                      | Mittwoch  | Donnerstag                                     | Freitag  | Samstag |  |
|---|---|---|--|--|---------|--|
| <b>9:00-9:45</b><br>Bodystyling(Alexa)          | <b>9:00-10:00</b><br>Bodystyling (Alex)       |   |  | <b>9:00-10:00</b><br>Bodystyling                       |         |  |
| <b>9:45-10:00</b><br>Stretch (Alexa)            |   |   |  |  |         |  |
|   |   |   | <b>16:00-16:45</b><br>(Mama)Fitness<br>(Alexa) | <b>16:00-16:45</b><br>Funktional<br>Training<br>(Anja) |         |  |
| <b>18:00-18:45</b><br>Shape&Dance<br>(Alex)     | <b>18:00-18:30</b><br>Bauchtraining<br>(Alex) | <b>18:00-18:30</b><br>Bauch (Petra)   | <b>18:00-19:00</b><br>Dance Workout<br>(Alex)  |  |         | <b>11:00 -12:00</b><br>Salsa<br>(Alex) |
| <b>18:45-19:30</b><br>PilatesWorkout<br>(Alexa) | <b>18:30 -19:15</b><br>Salsa light (Alex)     | <b>18:30-19:15</b><br>Bodystyling<br>(Petra)<br><b>18:30-19:15</b><br>Männerfitness<br>(Edis) |  |  |         |  |