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|  | MONTAG  | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
| 09.30h-10.30h | **10.15hPILATES** Chiara |  |  | **08:00hPILATES** NEU!! Lena | **RÜCKBILDUNGSGYM.**Chiara | **09;45hSCHWANGERSCHAFTS-GYMNASTIK(EN)**Lena/Brigitte |
| 10.45h -11.45h |  | **10.30hPILATES(EN)**Francisco  | **PILATES**Nora  | **PILATES**Chiara | **PILATES**Chiara | **11hPILATES(EN)**Lena/Brigitte |
| 12.00h -13.00h | **PILATES**Chiara | **12.15hPILATES** Chiara | **PILATES**Nora | **12.15h PILATES** Chiara | **PILATES**Chiara | **12.15hSCHWANGERSCHAFTS-GYMNASTIK(EN)**Lena/Brigitte |
| 13.15h -14.15h  |  |  |  |  |  |  |
| 14.15h -15.15h | **RÜCKBILDUNGSGYM.**Chiara |  |  |  | **14.30hSCHWANGERSCHAFTS-GYMNASTIK** Chiara |  |
| 15.30h -16.30h | **PILATES**Chiara | **RÜCKBILDUNGSGYM.**Chiara |  |  | **RÜCKBILDUNGSGYM.**Chiara |  |
| 17.00h -18.00h  | **PILATES**Chiara | **PILATES**Chiara | **SOFT PILATES**Marjatta | **PILATES**Chiara | **SCHWANGERSCHAFTS-GYMNASTIK** Marjatta |  |
| 18.15h -19.15h | **PILATES**Chiara | **PILATES**Chiara | **PILATES**Marjatta | **PILATES**Chiara | **RÜCKBILDUNGSGYM.**Marjatta |  |
| 19.30h -20.30h | **PILATES**Chiara | **PILATES**Chiara | **PILATES**Marjatta | **PILATES**Chiara |  |  |