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|  | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
| 09.30h-  10.30h | **10.15h PILATES** Chiara |  |  | **08:00h PILATES** NEU!! Lena | **RÜCKBILDUNGSGYM.**  Chiara | **09;45h SCHWANGERSCHAFTS-GYMNASTIK(EN)**Lena/Brigitte |
| 10.45h -11.45h |  | **10.30h PILATES(EN)**  Francisco | **PILATES**  Nora | **PILATES**  Chiara | **PILATES**  Chiara | **11h PILATES(EN)**  Lena/Brigitte |
| 12.00h -13.00h | **PILATES**  Chiara | **12.15h PILATES** Chiara | **PILATES**  Nora | **12.15h  PILATES** Chiara | **PILATES**  Chiara | **12.15h SCHWANGERSCHAFTS-GYMNASTIK(EN)**Lena/Brigitte |
| 13.15h -14.15h |  |  |  |  |  |  |
| 14.15h -15.15h | **RÜCKBILDUNGSGYM.**  Chiara |  |  |  | **14.30h SCHWANGERSCHAFTS-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 |  |  |