

| Montag                                       | Dienstag                                    | Mittwoch   | Donnerstag                                    | Freitag                                       |
|--|---|--|---|---|
| <b>Outdoor</b> ♂<br>8:00 - 9:00 Uhr<br>Basti | <b>Pilates</b><br>8:00 - 9:00 Uhr<br>Nikola | <b>Pilates</b> ♂<br>8:00 - 9:00 Uhr<br>Lea           |   | <b>Body Fit</b><br>8:15 - 9:15 Uhr<br>Björn   |
| <b>Pilates</b><br>8:15 - 9:15 Uhr<br>Nikola  | <b>Body Fit</b><br>9:00 - 10:00 Uhr<br>Inga | <b>Nordic Walking</b> ♂<br>9:00 - 10:00 Uhr<br>Björn | <b>Pilates</b><br>9:00 - 10:00 Uhr<br>Basti   |   |
| <b>Pilates</b><br>9:15 - 10:15 Uhr<br>Nikola |   |  | <b>Body Fit</b><br>10:00 - 11:00 Uhr<br>Basti | <b>Body Fit</b><br>10:00 - 11:00 Uhr<br>Basti |

|  |   |  |   |
|--|---|--|---|
| <b>Body Fit</b><br>17:00 - 18:00 Uhr<br>Inga | <b>Pilates</b> ♂<br>18:00 - 19:00 Uhr<br>Marion   |  | <b>Body Fit</b><br>17:00 - 18:00 Uhr<br>Philipp |
|  | <b>FaszienYoga</b> ♂<br>18:45-19:45 Uhr<br>Jackie |  | <b>Yoga</b> ♂<br>18:00-19:00 Uhr<br>Jackie      |
| <b>Yoga</b> ♂<br>19:00 - 20:00 Uhr<br>Jackie | <b>Pilates</b><br>19:10 - 20:10 Uhr<br>Marion     | <b>Yoga</b> ♂<br>19:00 - 20:00 Uhr<br>Nikola |   |
| <b>Yoga</b> ♂<br>20:15 - 21:15 Uhr<br>Jackie |   | <b>Yoga</b> ♂<br>20:00 - 21:00 Uhr<br>Nikola |   |

Outdoor  
Wiese am S-Bhf  
Schlachtensee