

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00		BUTI Yoga					
9:00	Pilates	Vinyasa Flow	Strech & Relax				
9:30					Stretching		
10:00	BBP		Pilates		Bodyshape +		
11:00	Healthy Back		BBP				
12:00							
13:00						Pilates	
14:00						Healthy Back	
15:00						BUTI Yoga	
16:00							
17:00				BUTI Yoga			Pilates
18:00		Foam rolling					Bodyshape
18.30		BUTI Yoga					
19:00				BUTI Yoga			
20:00							
	--> Pink Frauen Fitness		http://pinkfrauenfitness.de/		whatsapp: 015251350921		
	--> BeFine Chausseestrasse		http://www.befine-clubs.de/befine-tcb.html		silviabedin44@gmail.com		
	--> Just Move Womens Fitness		http://www.justmove.berlin/classes/				