

**Lundi , 18.12**

**09:15 - 10:10**

*Dance Aerobic / Dance Mix*  
Monika

**10:15 - 11:10**

*Pilates*  
Monika

**19:00 - 19:55**

*Zumba*  
Eliane

**Mardi , 19.12**

**09:00 - 09:55**

*BBP (Bauch, Beine, Po) / Bodytone*  
Monika

**10:00 - 10:55**

*Rückenfit*  
Monika

**19:45 - 20:40**

*Pump*  
Mengia Maria

**Mercredi , 20.12**

**08:45 - 09:30**

*Step*  
Monika

**09:30 - 10:15**

*Interval Training*  
Monika

**10:15 - 11:10**

*Pilates*  
Daniela

**19:00 - 19:55**

*Zumba*  
Beatriz

**Jeudi , 21.12**

**08:30 - 09:25**

*BBP (Bauch, Beine, Po) / Bodytone*  
Nicole

**09:30 - 10:25**

*Rückenfit*  
Nicole

**Vendredi , 22.12**

**09:15 - 10:10**

*Zumba*  
Andrea

**Samedi , 23.12**

**Dimanche , 24.12**