

**Lundi , 16.12**

**09:15 - 10:10**

*Dance Aerobic / Dance Mix*  
Monica

**10:15 - 11:10**

*Pilates*  
Monica

**19:00 - 19:55**

*Zumba*  
Eliane

**Mardi , 17.12**

**09:00 - 09:55**

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

**10:00 - 10:55**

*Rückenfit*  
Monica

**Mercredi , 18.12**

**08:45 - 09:30**

*Bodyworkout*  
Monica

**09:30 - 10:15**

*Interval Training*  
Monica

**10:15 - 11:10**

*Pilates*  
Daniela

**19:00 - 19:55**

*Zumba*  
Beatriz

**Jeudi , 19.12**

**09:00 - 09:55**

*Rückenfit*  
Nicole

**Vendredi , 20.12**

**09:15 - 10:10**

*Zumba*  
Andrea

**Samedi , 21.12**

**Dimanche , 22.12**