

**Lundi , 16.12**

**09:30 - 10:25**

*Pilates*  
Alina

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:05**

*P.I.I.T*  
Dominic

**19:15 - 20:10**

*Dance Aerobic / Dance Mix*  
Larissa

**Mardi , 17.12**

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:10 - 20:05**

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

**Mercredi , 18.12**

**09:00 - 09:55**

*Yoga*  
Julia

**17:35 - 18:30**

*Pilates*  
Alina

**19:00 - 19:55**

*Pump*  
Vittoria

**Jeudi , 19.12**

**09:00 - 09:55**

*Toning*  
Vittoria

**18:00 - 18:55**

*Yoga*  
Julia

**19:15 - 20:10**

*Cycling*  
Remo

**Vendredi , 20.12**

**09:00 - 09:55**

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

**18:00 - 18:55**

*Functional Workout*  
Larissa

**19:00 - 19:55**

*Zumba*  
Katarzyna

**Samedi , 21.12**

**09:30 - 10:25**

*Mobility*  
Alina

**Dimanche , 22.12**