

Lundi , 09.12

**09:30 - 10:25**

*Pump*  
Carmen

**18:00 - 18:55**

*Pump*  
Melanie

**19:05 - 20:00**

*Pilates*  
Andrea

Mardi , 10.12

**09:15 - 10:10**

*Functional Workout*  
Carmen

**10:15 - 10:45**

*Stretching*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Fighttime 55'*  
Nicole

Mercredi , 11.12

**09:15 - 10:10**

*Rückenfit*  
Olivia

**18:00 - 18:30**

*Simply Core*  
Sarina

**18:40 - 19:35**

*Pump*  
Sarina

Jeudi , 12.12

**09:15 - 09:45**

*Upcon*  
Carmen

**09:50 - 10:45**

*Pilates*  
Carmen

**18:00 - 18:55**

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

**19:05 - 20:00**

*Yoga*  
Leonie

Vendredi , 13.12

**09:30 - 10:25**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Yvonne

Samedi , 14.12

Dimanche , 15.12

**10:00 - 10:55**

*Pump*  
Sarina