

**Lundi , 23.12**

**09:30 - 10:25**

*Pump*  
Carmen

**18:00 - 18:55**

*Pump*  
Melanie

**19:05 - 20:00**

*Pilates*  
Andrea

**Mardi , 24.12**

**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 , 25.12**

**Jeudi , 26.12**

**Vendredi , 27.12**

**09:30 - 10:25**

*Functional Workout*  
Carmen

**12:20 - 12:50**

*Simply Core*  
Yvonne

**Samedi , 28.12**

**Dimanche , 29.12**

**10:00 - 10:55**

*Pump*  
Sarina