

Lundi , 01.01

Mardi , 02.01

**09:05 - 10:00**

*Yoga*  
Nadine

**18:00 - 18:55**

*Zumba*  
Diana

**19:05 - 20:00**

*Power Yoga*  
Kim

Mercredi , 03.01

**09:05 - 10:00**

*Pump*  
Ajla

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Veronica

Jeudi , 04.01

**09:05 - 10:00**

*Pilates*  
Claudia

**18:00 - 18:55**

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

**19:00 - 19:55**

*Fitboxe*  
Sandy

Vendredi , 05.01

**09:05 - 10:00**

*Zumba*  
Miriam

Samedi , 06.01

Dimanche , 07.01

**09:00 - 10:00**

*Pump*  
Ajla

**10:10 - 11:05**

*Pilates*  
Giobana