

Lundi , 25.12

Mardi , 26.12

Mercredi , 27.12

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:55**

*Yoga*  
Ladina

**19:00 - 19:55**

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

Jeudi , 28.12

**09:15 - 10:10**

*Functional Workout*  
Erendita

**18:00 - 18:55**

*Pump*  
Dominic

**19:05 - 20:00**

*Pilates*  
Andrea

Vendredi , 29.12

**09:15 - 10:10**

*Pilates*  
Andrea

Samedi , 30.12

Dimanche , 31.12