

Lundi , 23.12

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:30**

*P.I.I.T*  
Erendita

**18:30 - 19:25**

*Pump*  
Yvonne

**19:30 - 20:00**

*Stretching*  
Yvonne

Mardi , 24.12

**18:00 - 18:55**

*Functional Workout*  
Sarina

**19:00 - 19:55**

*Power Yoga*  
Jasmin R.

Mercredi , 25.12

Jeudi , 26.12

Vendredi , 27.12

**09:15 - 10:10**

*Pilates*  
Andrea

**18:00 - 18:55**

*Aerobic*  
Francesco

Samedi , 28.12

Dimanche , 29.12