

**Lundi , 20.01**

**09:10 - 10:05**

*Pilates*  
Isabelle

**10:10 - 11:05**

*Fitboxe*  
Isabel

**17:15 - 17:45**

*P.I.I.T*  
Daniela

**17:55 - 18:50**

*Step'n Tone*  
Daniela

**19:00 - 19:55**

*Zumba*  
Deniz

**20:05 - 21:00**

*Yoga*  
Sabrina

**Mardi , 21.01**

**09:10 - 10:05**

*Rückenfit*  
Isabelle

**18:05 - 18:35**

*P.I.I.T*  
Daniela

**18:35 - 19:30**

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

**Mercredi , 22.01**

**09:10 - 10:05**

*Yoga*  
Fabienne

**18:15 - 18:45**

*Simply Core*  
Bianca

**19:00 - 19:55**

*Fitboxe*  
Isabel

**Jeudi , 23.01**

**09:10 - 10:05**

*Pump*  
Isabel

**18:00 - 18:55**

*Pump*  
Bianca

**19:00 - 19:55**

*Fighttime 55'*  
Bianca

**Vendredi , 24.01**

**09:10 - 10:05**

*Functional Workout*  
Sabrina

**18:00 - 18:55**

*Step'n Tone*  
Graziella

**Samedi , 25.01**

**09:10 - 10:05**

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

**10:15 - 11:10**

*Upcon*  
Daniela

**Dimanche , 26.01**

**10:00 - 10:55**

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