

### Lundi , 01.01

#### 11:00 - 12:30

*Fitboxe Special*  
Sandy

### Mardi , 02.01

#### 09:00 - 09:55

*Pump*  
Monika

#### 10:10 - 11:05

*Pilates*  
Sarah

#### 12:15 - 12:45

*P.I.I.T*  
Monika

#### 18:15 - 19:10

*Pump*  
Sarah

#### 19:15 - 20:10

*Dance Step*  
Christina

### Mercredi , 03.01

#### 09:30 - 10:25

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

#### 17:55 - 18:50

*Zumba*  
Marion

#### 19:05 - 20:00

*Fitboxe*  
Sandy

### Jeudi , 04.01

#### 09:10 - 10:05

*Rückengymnastik*  
Olivia

#### 12:15 - 12:45

*P.I.I.T*  
Janina

#### 18:00 - 18:55

*Pump*  
Monika

#### 19:05 - 20:00

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

### Vendredi , 05.01

#### 09:05 - 10:00

*Yoga*  
Lisa

#### 10:15 - 11:10

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

### Samedi , 06.01

#### 09:00 - 09:55

*Yoga*  
Lisa

#### 10:15 - 11:10

*Fitboxe*  
Sandy

### Dimanche , 07.01

#### 09:20 - 10:15

*Zumba*  
Marion

#### 10:30 - 11:25

*Pump*  
Sarah