

**Lundi , 09.01**

**08:00 - 08:55**

*Pump*  
Tatjana

**12:00 - 12:55**

*Pump*  
Tatjana

**18:00 - 18:55**

*Cycling*  
Patrick

**19:00 - 19:55**

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

**20:05 - 21:00**

*Yoga*  
Franziska

**Mardi , 10.01**

**09:00 - 09:55**

*Yoga*  
Jeannette

**18:00 - 18:55**

*Pilates*  
Petra

**19:05 - 20:00**

*Fitboxe*  
Rebecca

**Mercredi , 11.01**

**08:00 - 08:55**

*Pump*  
Irene

**09:05 - 10:00**

*Fitboxe*  
Irene

**18:00 - 18:55**

*Cycling*  
Ruedi

**19:05 - 20:00**

*Pump*  
Erika

**Jeudi , 12.01**

**18:00 - 18:55**

*Pilates*  
Monica

**19:00 - 19:55**

*Functional Workout*  
Monica

**Vendredi , 13.01**

**09:00 - 09:55**

*Rückengymnastik*  
Monica

**10:05 - 11:00**

*Pump*  
Erika

**17:30 - 18:25**

*Pump*  
Vicky

**Samedi , 14.01**

**09:00 - 09:55**

*Pilates*  
Monica

**Dimanche , 15.01**